

Menta October 2026



ACE'S CORNER

Daily Breakfast Offerings:

Fruit or Juice & Milk

Daily Lunch Offerings:

Fruit, Vegetables & Milk



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bagel With Jelly Banana Uncrustable Pack Tossed Salad Applesauce HS – Baby Carrots & Banana	2 Lucky Charms & Cheez It Apple Juice Pepperoni Pizza Cooked Carrots Apple Slices HS – Ruby Rush & Applesauce
5 Cheerios & Cheese Stick Apple Slices Cheeseburger Celery Fruit Mix HS – Cucumber Slices & Fruit Juice	6 Yogurt & Grahams Fruit Juice Chicken Patty Sandwich Cooked Carrots Pears HS – Celery & Apple Juice	7 Bosco Stick Applesauce Beef Tacos Refried Beans Peaches HS – Baby Carrots & Apple Crisps	8 Cinnamon Toast Crunch & Graham Crackers Donut Holes Banana Yogurt Pack Spiral Fries Applesauce HS – Red Peppers & Banana	9 Sausage Pancakes on a Stick Apple Juice Cheese Pizza Tossed Salad Apple Crisps HS – Broccoli & Applesauce
12 No School	13 Bagel With Jelly Fruit Juice Popcorn Chicken with Pretzel Rod Cooked Carrots Pears HS – Mashed Potatoes & Applesauce	14 Sausage Breakfast Pizza Applesauce Garlic Pull Apart Baked Beans Peaches HS – Celery & Fruit Juice	15 Maple Pancake Puffs Banana Cheeseburger Spiral Fries Applesauce HS – Cucumber Slices & Banana	16 Golden Grahams & Cheez It Apple Juice Pepperoni Pizza Tossed Salad Apple Slices HS – Red Peppers & Applesauce
19 Mini Trix French Toast Apple Slices Popcorn Chicken with Pretzel Rod Baked Beans Fruit Mix HS – Baby Carrots & Applesauce	20 Lucky Charms & Grahams Cheeseburger Cooked Carrots Pears HS – Ruby Rush & Apple Crisps	21 Yogurt & Grahams Applesauce Beef Tacos Celery Peaches HS – Parm. Galic Green Beans & Fruit Juice	22 Blueberry Waffles Banana Chicken & Waffles Spiral Fries Applesauce HS – Sweet Potato Fries & Banana	23 Cinnamon Toast Crunch & Cheese Stick Apple Juice Uncrustable Pack Tossed Salad Apple Crisps HS – Celery & Apple Slices
26 Bacon Breakfast Pizza Apple Slices Bosco Sticks Celery Fruit Mix HS – Cucumber Slices & Applesauce	27 Cheerios & Cheez it Fruit Juice Cheeseburger Waffle Fries Pears HS – Corn & Apple Juice	28 Bosco Stick Applesauce Yogurt Pack Cooked Carrots Peaches HS – Zucchini & Apple Crisps	29 Confetti Waffles Banana Big Pretzel with Cheese Cup Tossed Salad Applesauce HS – Baked Beans & Banana	30 Happy Halloween!! Sausage Pancake on a stick Apple Juice Chicken Patty Sandwich Baked Beans Apple Slices HS – Red Peppers & Applesauce All Hot lunches served with a Orange Sorbet Cup!

HOW ‘BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA	GOLDEN DELICIOUS	GRANNY SMITH	MCINTOSH	RED DELICIOUS
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SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____

‘TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!