

PRE-K October 2026



ACE'S CORNER

OFFERED DAILY:

1% White Milk

¼ Cup of Fruit & Vegetables



Gluten Free

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Kix Banana 1 PBJ on GF Bread Tossed Salad Applesauce	Lucky Charms Apple Juice 2 Hot Dog on GF Bun Cooked Carrots Apple Slices
Cheerios Apple Slices 5 Cheeseburger on GF Bun Celery Fruit Mix	Lucky Charms Fruit Juice 6 Grilled Chicken Sandwich on GF Bread Cooked Carrots Pears	Blueberry Chex Applesauce 7 Beef Tacos on Corn Tortilla Shell Refried Beans Peaches	Kix Banana Half 8 Yogurt Pack (Yogurt, GF Bagel & GF Grahams) Spiral Fries Applesauce	Golden Grahams Apple Juice 9 Turkey & Cheese Sandwich on GF Bread Tossed Salad Apple Crisps
No School 12	Cinnamon Toast Crunch Fruit Juice 13 GF Chicken Tenders Cooked Carrots Pears	Cinnamon Chex Applesauce 14 PBJ on GF Bread Baked Beans Peaches	Lucky Charms Banana Half 15 Cheeseburger GF Bun Spiral Fries Applesauce	Golden Grahams Apple Juice 16 Hot Dog on GF Bun Tossed Salad Apple Slices
Cinnamon Toast Crunch Apple Slices 19 GF Chicken Tenders Baked Beans Fruit Mix	Lucky Charms Fruit Juice 20 Cheeseburger on GF Bun Cooked Carrots Pears	Blueberry Chex Applesauce 21 Beef Tacos on Corn Tortilla Shell Celery Peaches	Cheerios Banana Half 22 Ham & Cheese on GF Bread Spiral Fries Applesauce	No School 23
Kix Apple Slices 26 PBJ on GF Bread Celery Fruit Mix	Cheerios Fruit Juice 27 Cheeseburger on GF Bun Waffle Fries Pears	Golden Grahams Applesauce 28 Yogurt Pack (Yogurt, GF Bagel & GF Grahams) Cooked Carrots Peaches	Lucky Charms Banana Half 29 Hot dog on GF Bun Tossed Salad Applesauce	Happy Halloween!! 30 Blueberry Chex Apple Juice Grilled Chicken Sandwich on GF Bun Baked Beans Apple Slices 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!