

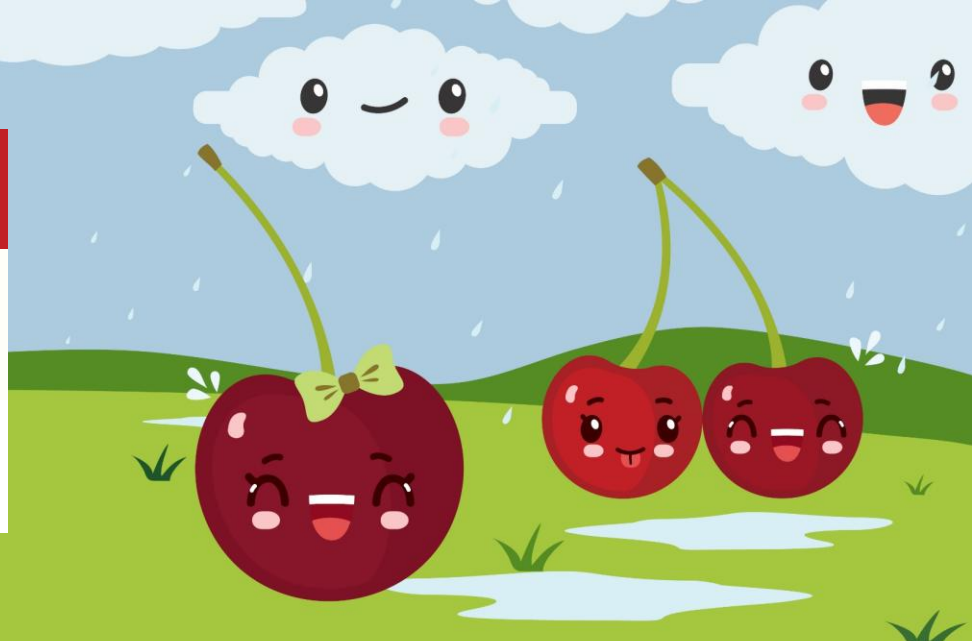
New Central November 2026



GLUTEN FREE



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1. Blueberry Chex & String Cheese Apple Slices & Grape Juice 1. Grilled Cheese on GF Bread Tossed Salad & Fruit Mix	3 1. Lucky Charms & String Cheese Apple Crisps & Apple Juice 1. Hot dog on GF Bun Crinkle Fries & Pears	4 1. GF Bagel with Peanut Butter Applesauce & Orange Juice 1. PBJ on GF Bread Edamame & Peaches	5 1. Cheerios & GF Grahams Banana & Fruit Juice 1. Beef Tacos on Corn Tortilla Shell Red Peppers & Applesauce	6 1. GF Toast with Jelly Apple Turkey & Cheese on GF Bread Tossed Salad & Apple
9 1. Cinnamon Chex & Cheese Cubes Apple Slices & Grape Juice 1. Cheeseburger on GF Bun Celery & Fruit Mix	10 1. Blueberry Chex & GF Grahams Apple Crisps & Apple Juice 1. GF Chicken Tenders Baked Beans & Pears	11 1. Cheerios & Cheese Cubes Applesauce & Orange Juice 1. Grilled Cheese on GF Bread Broccoli & Peaches	12 1. GF Toast with Jelly Banana & Fruit Juice 1. PBJ on GF Bread Waffle Fries & Applesauce	13 1. Lucky Charms & Cheese Cubes Apple 1. Hot Dog on GF Bun Carrots & Apple
16 1. GF Bagel with Jelly & String Cheese Apple Slices & Grape Juice 1. Grilled Chicken Sandwich on GF Bun Baked Beans & Fruit Mix	17 1. Cheerios & GF Grahams Apple Crisps & Apple Juice 1. PBJ on GF Bread Tator Tots & Pears	18 1. Lucky Charms & String Cheese Applesauce & Orange Juice 1. Turkey & Cheese on GF Bread Cucumbers & Peaches	19 1. Yogurts & GF Grahams Banana & Fruit Juice 1. Cheeseburger on GF Bun Broccoli & Applesauce	20 1. Blueberry Chex & String Cheese Apple 1. GF Bagel, Cheese Stick & Yogurt Red Peppers & Apple
23 1. GF Toast with Peanut Butter Apple Slices & Grape Juice 1. Hot Dog on GF Bun Carrots & Fruit Mix	HAPPY FRIENDSGIVING DAY 24 1. Blueberry Chex & Cheese Cubes Apple Crisps & Apple Juice 1. GF Chicken Tenders Mashed Potatoes with Gravy & Pears Served with a Sorbet Cup	25 No School	26 No School	27 No School
30 1. Yogurt & GF Grahams Apple Slices & Grape Juice 1. PBJ on GF Bread Carrots & Fruit Mix				

PIE IN THE SKY

Cherries are known as drupes or stone fruits, like nectarines and peaches, and are high in antioxidants. There are more than 500 varieties of sweet cherries (*Prunus Avium*), and almost as many tart ones (*Prunus Cerasus*); though only a small percentage—around 20 or so altogether—are sold commercially. A typical cherry tree produces 7,000 cherries, that can be harvested in seven seconds using a mechanical tree shaker. The state of Washington grows an estimated 62 percent of the United States' sweet cherries, which are great summer snacks. Michigan, meanwhile, grows well over half of the country's tart cherries, which are mostly used for cooking.

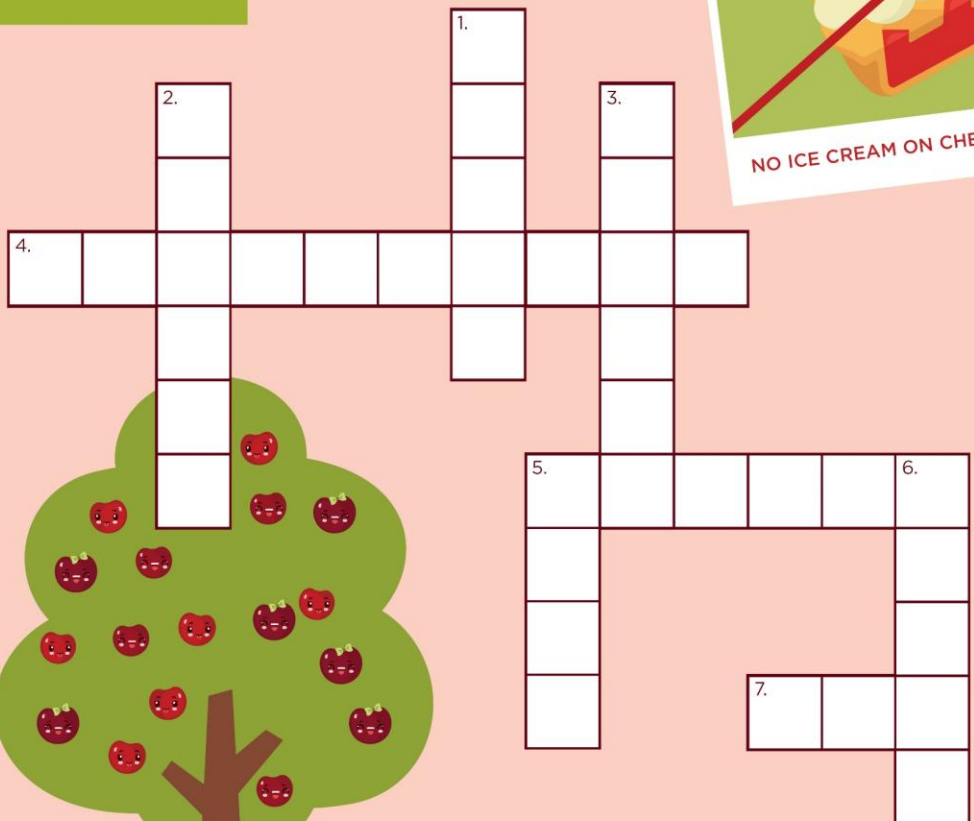
ACTIVITY: CROSSWORD PUZZLE

ACROSS

4. Door County, Wisconsin's nickname, earned by its production of 95% of the nation's tart cherries
5. State that once prohibited ice cream be served on cherry pie
7. Cherries, apples, and blueberries make great filling for this dessert

DOWN

1. Fruit often bobbed for in the fall and rumored to help keep the doctor away
2. Type of tree George Washington was rumored to have chopped down in his youth
3. A monkey's favorite fruit
5. Tropical fruit that shares its name with a flightless bird—this fruit is green on the inside, with a brown and fuzzy outside
6. The number of seconds it takes to harvest a cherry tree using special machinery



DID YOU KNOW?

FOLLOW THE CHERRY TREE ROAD

Cherries were part of the Roman soldiers' rations, and as they traveled, the pits they discarded became the trees that bloomed throughout the empire. There was a saying that to find the old Roman roads, all one had to do was follow the wild cherry trees



ACE'S JOKE OF THE MONTH

WHY ARE CHOCOLATE-COVERED CHERRIES THE PERFECT DINNER PARTY HOSTS?

SEE ANSWER BELOW

