

PRE-K October 2026



OFFERED DAILY:

1% White Milk

¼ Cup of Fruit & Vegetables

All Grains are Whole Grain



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Bagel With Jelly Banana PBJ Tossed Salad Applesauce	Lucky Charms Apple Juice Pepperoni Pizza Cooked Carrots Apple Slices
Cheerios Apple Slices Cheeseburger Celery Fruit Mix	Yogurt & Grahams Fruit Juice Chicken Patty Sandwich Cooked Carrots Pears	Bosco Stick Applesauce Beef Tacos Refried Beans Peaches	Kix Banana Half Yogurt Pack Spiral Fries Applesauce	Sausage Pancakes on a Stick Apple Juice Cheese Pizza Tossed Salad Apple Crisps
No School	Bagel With Jelly Fruit Juice Popcorn Chicken Cooked Carrots Pears	Sausage Breakfast Pizza Applesauce Garlic Pull Apart Baked Beans Peaches	Maple Pancake Puffs Banana Half Cheeseburger Spiral Fries Applesauce	Golden Grahams Apple Juice Pepperoni Pizza Tossed Salad Apple Slices
Mini Trix French Toast Apple Slices Popcorn Chicken Baked Beans Fruit Mix	Lucky Charms Fruit Juice Cheeseburger Cooked Carrots Pears	Yogurt & Grahams Applesauce Beef Tacos Celery Peaches	Blueberry Waffles Banana Half Chicken & Waffles Spiral Fries Applesauce	No School
Bacon Breakfast Pizza Apple Slices Bosco Sticks Celery Fruit Mix	Cheerios Fruit Juice Cheeseburger Waffle Fries Pears	Bosco Stick Applesauce Yogurt Pack Cooked Carrots Peaches	Confetti Waffles Banana Half Big Pretzel with Cheese Cup Tossed Salad Applesauce	Happy Halloween!! Sausage Pancake on a stick Apple Juice Chicken Patty Sandwich 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!