NOVEMBER 2022

Cereal & String Cheese offered daily at breakfast.

Skim White, Skim Chocolate and 1% White Milk offered daily with all meals.

Menu Subject to Change.

ACE'S CORNER

Breakfast Prices
Paid: $2.05
Reduced: $0.30

Lunch Prices
Paid: $3.00
Reduced: $0.40

Pick 1 of 3 options offered at Lunch daily.

Vegetarian entrees are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon French Toast Orange Wedges, 100% Apple Juice (1) Build-Your-Own Soft Tacos (2) Taco Salad & Tortilla Chips (3) Churro, Cheese & Yogurt Pack Kickin' Pinto Beans, Baby Carrots Diced Peaches	2 Banana Muffin & Yogurt Craisins & 100% Orange Juice (1) Breaded Chicken Sandwich (2) Sun Butter & Jelly Wrap (3) Turkey, Cheese & Cracker Pack Crinkle Fries, Broccoli Florets Fresh Apple	3 Cinnamon Toast Soft-Filled Bar Fresh Banana, 100% Apple Juice (1) Meatball Pizza Sub (2) Chicken Chef Salad & Croutons (3) Muffin, Yogurt, Cracker Pack Green Peas, Cucumber Slices Blueberries	4 Cinnamon Breakfast Bun Craisins, 100% Orange Juice (1) Pizza Sticks & Marinara Sauce (2) Turkey & Cheese Sub (3) HB Egg, Cheese & Crackers Green Pepper Strips, Baby Carrots 100% Fruit Juice
7 French Toast Benefit Bar Fresh Apple, 100% Orange Juice (1) Cheeseburger (2) Egg Chef Salad & Croutons (3) Build-Your-Own Pizza Bagel Baked Beans, Celery Sticks Applesauce	8 Mini Maple Waffles Orange Wedges, 100% Apple Juice (1) Chicken & Cheese Quesadillas (2) Taco Salad & Tortilla Chips (3) Pretzel, Cheese & Yogurt Pack Black Beans, Baby Carrots Diced Peaches	9 Banana Chocolate Chip Bar Craisins, 100% Orange Juice (1) Chicken Tenders (2) Sun Butter & Jelly Wrap (3) Turkey, Cheese & Cracker Pack Crinkle Fries, Broccoli Florets Fresh Apple	10 Apple Frudel Fresh Banana, 100% Apple Juice (1) Waffles & Turkey Sausage (2) Chicken Chef Salad & Croutons (3) Muffin, Yogurt, Cracker Pack Tater Tots, Cucumber Slices Strawberries	11 Banana Bread Craisins, 100% Orange Juice (1) Cheese Pizza (2) Tukrey & Cheese Sub (3) HB Egg, Cheese & Crackers Side Salad, Baby Carrots 100% Fruit Juice
14 Apple Blueberry Benefit Bar Fresh Apple, 100% Orange Juice (1) Grilled Cheese Sandwich (2) Egg Chef Salad & Croutons (3) Build-Your-Own Pizza Bagel Baby Carrots, Celery Sticks Applesauce	15 Mini Berry French Toast Orange Wedges, 100% Apple Juice (1) Walking Taco (2) Taco Salad & Tortilla Chips (3) Pretzel, Cheese & Yogurt Pack Kcikin' Pinto Beans, Baby Carrots Diced Peaches	16 Chocolate Chip Breakfast Bar Craisins & 100% Orange Juice (1) Chicken Nuggets (2) Sun Butter & Jelly Wrap (3) Turkey, Cheese & Cracker Pack Crinkle Fries, Broccoli Florets Fresh Apple	17 Cinnamon Crunchmania Fresh Banana, 100% Apple Juice (1) French Toast & Sausage Patties (2) Chicken Chef Salad & Croutons (3) Muffin, Yogurt, Cracker Pack Tater Tots, Cucumber Slices Blueberries	18 Blueberry Muffin & Yogurt Craisins, 100% Orange Juice (1) Cheese Pizza (2) Tukrey & Cheese Sub (3) HB Egg, Cheese & Crackers Side Salad, Baby Carrots 100% Fruit Juice
21 Instructional Improvement Day No School	22 Parent Teacher Conferences No School	23 Thanksgiving Recess No School	24 Thanksgiving Recess No School	25 Thanksgiving Recess No School
28 Banana Choc Chip Benefit Bar Fresh Apple, 100% Orange Juice (1) Turkey Hot Dog on Bun (2) Egg Chef Salad & Croutons (3) Build-Your-Own Pizza Bagel Baked Beans, Celery Sticks Mixed Fruit	29 Mini Blueberry Waffles Orange Wedges, 100% Apple Juice (1) Deluxe Nachos (2) Taco Salad & Tortilla Chips (3) Pretzel, Cheese & Yogurt Pack Black Beans, Baby Carrots Diced Pears	30 Apple Cinnamon Breakfast Bar Craisins & 100% Orange Juice (1) Popcorn Chicken (2) Sun Butter & Jelly Wrap (3) Turkey, Cheese & Cracker Pack Crinkle Fries, Broccoli Florets Fresh Apple		

This institution is an equal opportunity provider.

ROOT-IMENTARY FACTS

Sweet potatoes, or Ipomoea batatas, are orange-fleshed potatoes that grow underground as tuberous roots. On top of being a healthy yet sweeter dish that is delicious with marshmallows, they are a great source of beta-carotene, vitamin A, vitamin C, and are full of calcium, potassium, iron, and fiber. With over 260 million sweet potatoes harvested globally each year, sweet potatoes are considered a staple crop. Mashed, fried, candied, or baked, these yummy, wholesome veggies are always apeeling!

I YAM WHO I YAM!

DID YOU KNOW? In other countries, especially Asia and Polynesia, the word "yam" refers to an entirely different starchy root vegetable, but in the U.S. it is often used interchangeably—some would argue incorrectly—as a name for sweet potatoes.

ACE'S JOKE OF THE MONTH

Q. WHAT DOES A CHICKPEA SAY WHEN IT'S SICK?

SEE ANSWER BELOW

ACTIVITY: THANKSGIVING WORD SEARCH

CIRCLE the 12 hidden words. Each word will only be circled once. Words may be horizontal, vertical, or diagonal. No words will be backwards.

happy thanksgiving
gobble
feast
pumpkin
harvest
squash
cranberry
sweet potatoes
stuffing
mayflower
turkey
fall

h	g	d	s	n	a	p	p	f	a	o	s	l	c	n	l	l	e	n
w	a	l	h	h	y	q	l	v	a	d	y	e	o	p	s	i	m	z
i	i	r	n	a	o	h	c	e	e	l	e	v	s	j	h	c	a	f
t	c	r	v	b	b	a	i	h	l	h	l	u	f	i	v	e	y	e
o	s	w	e	e	t	p	o	t	a	t	o	e	s	k	z	u	f	a
a	q	i	j	o	s	t	u	f	f	i	n	g	y	q	o	p	l	s
f	u	l	i	c	l	t	k	p	e	l	s	h	j	s	n	u	o	t
p	a	i	o	w	v	v	l	u	n	u	m	e	h	o	j	b	w	u
e	s	c	k	p	x	o	y	m	s	t	o	c	s	i	c	a	e	r
q	h	s	t	a	n	o	i	p	f	s	w	a	u	f	b	i	r	k
o	n	g	o	b	b	l	e	k	z	o	k	k	l	v	b	q	i	e
b	i	v	k	l	r	i	w	i	o	c	r	a	n	b	e	r	r	y
h	a	p	p	y	t	h	a	n	k	s	g	i	v	i	n	g	l	k

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JOKE ANSWER: "I FALAFEL!"