aramark STUDENT NUTRITION

BREAKFAST

November 2026 Breakfast



ACE'S CORNER

All reimbursable breakfasts MUST include a fruit, vegetable, or 100% vegetable juice and may include a 1% or skim milk

1%, skim milk and additional fruit offerings available every day.



Student Price: FREE

Drinking cups and water available in every cafeteria.

Menu subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fruit filled Frudel Vegetable or Fruit Juice Skim Milk/ 1% Milk	3  **ELECTION DAY** **NO SCHOOL**	4 WG Apple Cinnamon Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	5 WG Donut Holes Banana Skim Milk/ 1% Milk	6 Strawberry Nutri Grain Bar Cheddar Cheese Cubes Vegetable or Fruit Juice Skim Milk/ 1% Milk
9 Banana Bread Apple Skim Milk/ 1% Milk	10 Strawberry Cream Cheese stuffed Bagel Vegetable or Fruit Juice Skim Milk/ 1% Milk	11  **VETERANS DAY** **NO SCHOOL**	12 Cinnamon Cream Cheese stuffed Bagel Banana Skim Milk/ 1% Milk	13 WG Donut Holes Vegetable or Fruit Juice Skim Milk/ 1% Milk
16 Pumpkin Bread Apple Skim Milk/1% Milk	17 WG Donut Holes Vegetable or Fruit Juice Skim Milk/ 1% Milk	18 WG Blueberry Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	19 WG Cherry Frudel Banana Skim Milk/ 1% Milk	20 Apple Nutri Grain Bar Cheddar Cheese Cubes Vegetable or Fruit Juice Skim Milk / 1% Milk
23 Blueberry Bread Vegetable Blend Juice Skim Milk/ 1% Milk	24 Cinnamon Cream Cheese Stuffed Bagel Banana Skim Milk/ 1% Milk	25 Apple Cinamon Muffin WG Goldfish Vegetable or Fruit Juice Skim Milk/ 1% Milk	26  	27 **NO SCHOOL** **THANKSGIVING RECESS**
30 Banana Bread Apple Skim Milk/ 1% Milk				

This institution is an equal opportunity provider.

For questions, please contact Andrea McCurry amccurry@ridgefieldps.net

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.

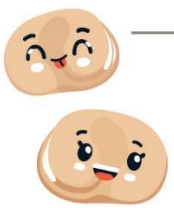




COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.–Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.–March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March–May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.







TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S RECIPE OF THE MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

*DO NOT attempt to chop ingredients or operate food processor without adult supervision.

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