NOVEMBER 2026 LUNCH



ACE'S CORNER

Lunch Prices:
Student: $3.35
Adult: $4.00

All reimbursable lunches **MUST** include a fruit, vegetable or juice and **MAY** include Skim, 1% or skim chocolate milk

At least 2 fresh fruits available daily & vegetable & fruit juice is available 2 times a week.



Daily Vegetable Rainbow Tray

We offer 5 vegetable choices each day. Selections are based on seasonal availability and include:

Carrots, Grape Tomatoes, Cucumber, Celery, Broccoli, Bell Peppers, Corn, Peas, Garbanzo, Pinto & Black Beans

Available Everyday :

Sunbutter & Jelly w/ cheese stick

Bagel Fun lunch with yogurt & cheese stick

Chicken Caesar Salad with WG Dinner Roll

Cups & drinking water available in every cafeteria.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs Garlic Breadstick Broccoli	3 **ELECTION DAY** **NO SCHOOL**	4 Chicken Dumplings with Teriyaki Sauce Steamed Rice Snap Peas	5 French Toast Sticks Turkey Sausage Tator Tots	6 Cheese Pizza Pepperoni Pizza Parmesan Green Beans
Hot Weekly Special: Chicken Tenders w/ Cornbread		**Cold Weekly Special:** Strawberry Yogurt Parfait with Granola		
9 Mac & Cheese Soft Pretzel Fresh Broccoli	10 Beef or Pinto Bean Nachos Lettuce, Tomato, Cheese Sour Cream	11 **VETERANS DAY** **NO SCHOOL**	12 Pancakes Turkey Sausage Sweet Potato Fries	13 Cheese Pizza Pepperoni Pizza Romaine Garden Salad
Hot Weekly Special: Hamburger or Cheeseburger on WG Bun		**Cold Weekly Special:** Turkey & Cheese Sub on WG Bread		
16 Lasagna Roll Up Garlic Breadstick Broccoli	17 Beef or Black Bean Taco Mexi Rice Lettuce, Tomato, Cheese & Sour Cream	18 Honey Stung Popcorn Chicken Biscuit Seasoned Green Beans	19 Waffles Colby Cheese Omelet Tator Tots	**EARLY DISMISSAL** 20 Bagel Fun Lunch OR Sunbutter & Jelly & Cheese stick OR Chicken & Cheese Quesadilla Baby Carrots
Hot Weekly Special: Chicken & Cheese Quesadilla		**Cold Weekly Special:** Strawberry Yogurt Parfait with Granola		
EARLY DISMISSAL 23 Bagel Fun Lunch OR Sunbutter & Jelly & Cheese stick OR Pepperoni Pizza Lunch Kit Cucumber Coins	**EARLY DISMISSAL** 24 Bagel Fun Lunch OR Sunbutter & Jelly & Cheese stick OR Pepperoni Pizza Lunch Kit Celery Sticks	**EARLY DISMISSAL** 25 Bagel Fun Lunch OR Sunbutter & Jelly & Cheese stick OR Pepperoni Pizza Lunch Kit Baby Carrots	26  	27 **SCHOOL CLOSED**

This institution is an equal opportunity provider.

TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber, & vitamins C & A

Peak Season: May–September



PUMPKINS: Loaded with fiber, protein, & vitamins K & C

Peak Season: September-November



CHALLENGE OF THE MONTH: **MAKE A HAPPINESS BOX**



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.

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ACE'S RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4



INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey

PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



*DO NOT attempt to cook or slice without adult supervision.