

NOVEMBER 2025 Bond

More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Oatmeal Chocolate Chip Bar Assorted Cereal 3 A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter & Jelly	Cheese Bosco Breadstick Assorted Cereal 4 A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich	Mini Confetti Pancakes Assorted Cereal 5 A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly	Blueberry Pop-Tart Assorted Cereal 6 A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad	Pumpkin Breakfast Bread Assorted Cereal 7 A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
Strawberry Pop-Tart Assorted Cereal 10 A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Sun Butter & Jelly	Mini Cinnamon Rolls Assorted Cereal 11 A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	Oatmeal Chocolate Chip Bar Assorted Cereal 12 A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly	Yogurt w/ Giant Vanilla Goldfish Graham Assorted Cereal 13 A. Lumberjack B. Grilled Cheese C. Ham Chef Salad	Wild Blueberry Snack'n Waffles Assorted Cereal 14 A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
Yogurt w/ Animal Crackers Assorted Cereal 17 A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly	Mini Cinnamon Cream Cheese Bagel Assorted Cereal 18 A. Bosco Sticks B. Hot Dog C. Three Cheese Sub	Donut Holes Assorted Cereal 19 A. Chili B. Cheeseburger C. Sun Butter & Jelly	Apple Frudel Assorted Cereal Friendsgiving 20 A. Turkey & Noodles Mashed Potatoes, Sweet Potatoes, Green Beans, Dressing, Apple Crisp B. Chicken Nuggets	Banana Chocolate Bar Assorted Cereal 21 A. Pepperoni Pizza B. Cheese Pizza B. Sun Butter & Jelly
Chocolate Chip Breakfast Round Assorted Cereal 24 A. Bosco Sticks B. Hamburger C. Sun Butter & Jelly	Vanilla Confetti Snack'n Assorted Cereal 25 A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub	 26	 27	 28

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.



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.**