

Bond Primary

OCTOBER 2026 MENU

More Info...



ACE'S CORNER

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ Banana Chocolate Benefit Bar Assorted Cereal A. French Toast Sticks w/ Sausage Patties B. Grilled Cheese C. Popcorn Chicken Salad D. Sun Butter & Jelly	² Apple Frudel Assorted Cereal A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
⁵ Mini Strawberry Cream Cheese Bagel Assorted Cereal A. Cheese Pizza Max Sticks B. Mc. Ribb C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	⁶ Breakfast Burrito Assorted Cereal A. Nachos B. Bean & Cheese Burrito C. Taco Salad D. Sun Butter & Jelly	⁷ Bagel w/ Jelly Assorted Cereal A. Popcorn Chicken Bowl B. Cheeseburger C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	⁸ Lumberjack Assorted Cereal 	⁹ 
 ¹²	Class with highest lunch participation this week will receive an ice cream party!			
	Fudge Pop-Tart Assorted Cereal A. Soft Beef Tacos B. Cheese Quesadilla C. Romaine & Cheese Salad D. Sun Butter & Jelly Enjoy a Churro with lunch today!	Mini Strawberry Pancake Puffs Assorted Cereal A. Pretzel W/Cheese B. Cheeseburger C. Turkey & Cheese Sandwich D. Sun Butter & Jelly Check out our circus coloring pages today!	Yogurt w/ Crackers Assorted Cereal A. Lumberjack B. Hot Dog C. Pizza Aceable D. Sun Butter & Jelly Check out our circus coloring pages today!	Cinnamon Breakfast Bun Assorted Cereal A. Cheese Pizza B. Pepperoni Pizza C. Bologna & Cheese Sandwich D. Sun Butter & Jelly Enjoy a Carnival Cookie with Lunch Today!
¹⁹ Chocolate Chip Benefit Bar Assorted Cereal A. Hamburger Patty Horseshoe B. Grilled Cheese C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	²⁰ Bosco Stick Assorted Cereal A. Maple Pizza Waffalaco B. Cheese Quesadilla C. Taco Salad D. Sun Butter & Jelly	²¹ Powdered Sugar Donut Holes Assorted Cereal A. Lasagna Roll Up B. Chicken Nuggets C. Ham & Cheese Sandwich D. Sun Butter & Jelly	²² Blueberry Breakfast Bread Assorted Cereal A. Waffles w/ Sausage Patties B. Corn Dog C. Pretzel, Yogurt & Cheese Plate D. Sun Butter & Jelly	²³ Lumberjack Assorted Cereal A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
²⁶ Strawberry Pop-Tart Assorted Cereal A. Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	²⁷ Mini Cinnamon Roll Assorted Cereal A. Walking Tacos B. Bean & Cheese Burrito C. Romaine & Cheese Salad D. Sun Butter & Jelly	²⁸ Chocolate Chip Benefit Bar Assorted Cereal A. Spaghetti w/ Beef Sauce B. BBQ Chicken Sandwich C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	²⁹ Yogurt w/ Crackers Assorted Cereal A. Biscuit w/ Sausage Gravy B. Breaded Chicken Sandwich C. Turkey Chef Salad D. Sun Butter & Jelly	³⁰ Mini Strawberry Pancake Puffs Assorted Cereal Join us for lunch... A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly ... and get a Halloween Treat

SNOWY WHITE

TASTE BUDS DELIGHT

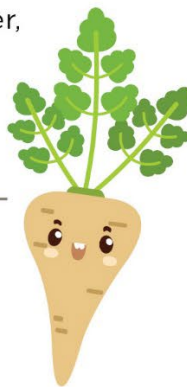
Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure 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.**