

NOVEMBER 2025 Gregory

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
				
Bosco Cheese Stick 3 A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Popcorn Chicken Salad D. Sun Butter & Jelly	Breakfast Pizza 4 A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	Breakfast Burrito 5 A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly	Breakfast Sandwich 6 A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly	Lumberjack Donut 7 A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
Biscuit w/ Sausage Gravy 10 A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly	Breakfast Pizza 11 A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	Breakfast Burrito 12 A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	Breakfast Sandwich 13 A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	Lumberjack Donut 14 A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly
French Toast Sticks w/ Egg Patty 17 A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly	Breakfast Pizza 18 A. Bosco Sticks B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly	Breakfast Burrito 19 A. Chili B. Cheeseburger C. Apple, Yogurt & Cheese Pack D. Sun Butter & Jelly	Breakfast Sandwich 20 Friendsgiving A. Turkey & Noodles Mashed Potatoes, Sweet Potatoes, Green Beans, Dressing, Apple Crisp B. Sun Butter & Jelly	Lumberjack Donut 21 A. Cheese Pizza B. Pepperoni Pizza B. Turkey & Cheese Sandwich D. Sun Butter & Jelly
Pancakes w/ Egg Patty 24 A. Bosco Sticks B. Hamburger C. Vegetable Baja Salad D. Sun Butter & Jelly	Made to Order Yogurt PARFAIT Bar! 25 A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly	No School 26 	HAPPY THANKSGIVING 27 	No School 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.**