NOMBER 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



30				
MNDAY	TUSDAY	WENESDAY	THESDAY	RIDAY
				GRATEFUL PROPERTY OF THE PROPE
A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Popcorn Chicken Salad D. Sun Butter & Jelly	4 Breakfast Pizza A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	5 Breakfast Burrito A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly	6 Breakfast Sandwich A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly	A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly	A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	Lumberjack Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly

French Toast Sticks w/ Egg Patty

17

24

A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly

Pancakes w/ Egg Patty

A. Bosco Sticks

B. Hamburger

C. Vegetable Baja Salad

D. Sun Butter & Jelly

A. Bosco Sticks

B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly

18

Breakfast Pizza

Made to Order Yogurt 25 **PARFAIT Bar!**

A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly

Breakfast Burrito

A. Chili B. Cheeseburger C. Apple, Yogurt & Cheese

Pack D. Sun Butter & Jelly

26

19

School

Friendsgiving

Breakfast Sandwich 20

A. Turkey & Noodles Mashed Potatoes, Sweet Potatoes, Green Beans, Dressing, Apple Crisp B. Sun Butter & Jelly

Lumberjack **Donut**

21

28

A. Cheese Pizza B. Pepperoni Pizza B. Turkey & Cheese Sandwich D. Sun Butter & Jelly



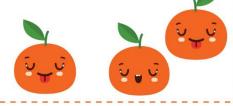
27

TASTE THE SUNSET

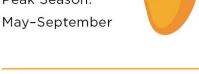
Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of 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 lowcalorie snack bursting with vitamins, fiber, and antioxidants.



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



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 or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things book, photos that make you smile. letter from a loved one, etc. Now feel better.



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.