

NOVEMBER 2022

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, October 24, 2022.

You can always grab breakfast in your classroom. Breakfast includes an entrée (consisting of 1 or 2 items), fruit, 100% fruit juice & milk.



ACE'S CORNER

Breakfast Prices

Paid: \$1.35

Reduced: \$0.30

Lunch Prices

Paid: \$2.35

Reduced: \$0.40



****Menus are subject to change.**

Due to labor & product shortages resulting from the pandemic, expect menu adjustments.

Salad bars are back & available daily!

Cheese Sandwich is offered at lunch daily.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>ATTENTION PARENTS! Remember, regardless of whether you qualify for free, reduced or full pay meals you MUST submit a Meal Order Form each month for your child.</p> | <p>1 WG Glazed Donut Apple Slices</p> <hr/> <p>WG Mini Pancakes Turkey Sausage Links Tater Tots Soybutter & Jelly Sandwich Meal</p> | <p>2 WG Mini Cream Cheese Bagels Applesauce Cup</p> <hr/> <p>Cheeseburger on a WG Bun Roasted Carrots Soybutter & Jelly Sandwich Meal</p> | <p>3 WG Mini Cinnamon French Toast Banana</p> <p><i>National Sandwich Day</i></p> <hr/> <p>Sweet & Spicy Chicken Sandwich Steamed Broccoli Soybutter & Jelly Sandwich Meal</p> | <p>4 WG Apple Frudel Strawberry Craisins</p> <hr/> <p>WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal</p> |
| <p>7 Cereal Bowl WG Graham Crackers Apple Slices</p> <hr/> <p>Salisbury Steak with Gravy Dinner Roll Mashed Potatoes Soybutter & Jelly Sandwich Meal</p> | <p>8 No School Election Day</p> | <p>9 WG Glazed Donut Applesauce Cup</p> <hr/> <p>WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal</p> | <p>10 WG Muffin Vanilla Yogurt Cup Strawberries</p> <hr/> <p>WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal</p> | <p>11 WG Bagel with Cream Cheese Banana</p> <hr/> <p>Pepperoni Calzone Roasted Cauliflower Soybutter & Jelly Sandwich Meal</p> |
| <p>14 Cereal Bowl WG Graham Crackers Apple</p> <hr/> <p>Breaded Chicken Drumstick WG Biscuit Sweet Golden Corn Soybutter & Jelly Sandwich Meal</p> | <p>15 WG UBR Breakfast Round Pear</p> <hr/> <p>Spaghetti with Meatballs WG Breadstick Mixed Vegetables Soybutter & Jelly Sandwich Meal</p> | <p>16 WG Apple Frudel Applesauce Cup</p> <hr/> <p>Sweet & Sour Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal</p> | <p>17 WG French Toast BeneFIT Bar Raisins</p> <hr/> <p>Pancake on a Stick with Maple Syrup Sweet Potato Fries Soybutter & Jelly Sandwich Meal</p> | <p>18 Strawberry Banana Yogurt Cup WG Scooby Doo Crackers Banana</p> <hr/> <p>WG Cheese Pizza Seasoned Green Beans Soybutter & Jelly Sandwich Meal</p> |
| <p>21 WG Cereal Bar WG Animal Crackers Pear</p> <hr/> <p>Macaroni & Cheese WG Fish Sticks Roasted Cauliflower Soybutter & Jelly Sandwich Meal</p> | <p>22 WG Mini Cinnis Strawberry Craisins</p> <hr/> <p>The Gobbler Bowl WG Biscuit Sweet Golden Corn Soybutter & Jelly Sandwich Meal</p> <p><i>Thanksgiving Celebration!</i></p> | <p>23 No School Thanksgiving Break</p> | <p>24 No School Thanksgiving Break</p> | <p>25 No School Thanksgiving Break</p> |
| <p>28 Cereal Bowl WG Graham Crackers Apple</p> <hr/> <p>WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal</p> | <p>29 WG Oatmeal Chocolate Chip BeneFIT Bar Raisins</p> <hr/> <p>Chicken Alfredo WG Dinner Roll Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal</p> | <p>30 WG Banana Bread Slice Applesauce Cup</p> <hr/> <p>Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal</p> | <p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.fraser.k12.mi.us</p> | |



ROOT-IMENTARY FACTS

Sweet potatoes, or *Ipomoea batatas*, are orange-fleshed potatoes that grow underground as tuberous roots. On top of being a healthy yet sweeter dish that is delicious with marshmallows, they are a great source of beta-carotene, vitamin A, vitamin C, and are full of calcium, potassium, iron, and fiber. With over 260 million sweet potatoes harvested globally each year, sweet potatoes are considered a staple crop. Mashed, fried, candied, or baked, these yummy, wholesome veggies are always a-peeling!



ACTIVITY: THANKSGIVING WORD SEARCH

CIRCLE the 12 hidden words. Each word will only be circled once. Words may be horizontal, vertical, or diagonal. No words will be backwards.

- happy thanksgiving
- gobble
- feast
- pumpkin
- harvest
- squash
- cranberry
- sweet potatoes
- stuffing
- mayflower
- turkey
- fall

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| h | g | d | s | n | a | p | p | f | a | o | s | l | c | n | l | l | e | n |
| w | a | l | h | h | y | q | l | v | a | d | y | e | o | p | s | i | m | z |
| i | i | r | n | a | o | h | c | e | e | l | e | v | s | j | h | c | a | f |
| t | c | r | v | b | b | a | i | h | l | h | l | u | f | i | v | e | y | e |
| o | s | w | e | e | t | p | o | t | a | t | o | e | s | k | z | u | f | a |
| a | q | i | j | o | s | t | u | f | f | i | n | g | y | q | o | p | l | s |
| f | u | l | i | c | l | t | k | p | e | l | s | h | j | s | n | u | o | t |
| p | a | i | o | w | v | v | l | u | n | u | m | e | h | o | j | b | w | u |
| e | s | c | k | p | x | o | y | m | s | t | o | c | s | i | c | a | e | r |
| q | h | s | t | a | n | o | i | p | f | s | w | a | u | f | b | i | r | k |
| o | n | g | o | b | b | l | e | k | z | o | k | k | l | v | b | q | i | e |
| b | i | v | k | l | r | i | w | i | o | c | r | a | n | b | e | r | r | y |
| h | a | p | p | y | t | h | a | n | k | s | g | i | v | i | n | g | l | k |

I YAM WHO I YAM!

DID YOU KNOW? In other countries, especially Asia and Polynesia, the word “yam” refers to an entirely different starchy root vegetable, but in the U.S. it is often used interchangeably—some would argue incorrectly—as a name for sweet potatoes.

ACE'S JOKE OF THE MONTH

Q. WHAT DOES A CHICKPEA SAY WHEN IT'S SICK?

SEE ANSWER BELOW

