



# NOVEMBER 2023

**Breakfast & lunch are FREE for all students!**

Please complete an Education Benefits Form by visiting [fraser.familyportal.cloud](https://fraser.familyportal.cloud).



ACE'S CORNER

Offered Daily at Lunch –  
C. Soybutter & Jelly Sandwich Meal  
D. Cheese Sandwich

Hot vegetable or fruit is written in green.

Visit the fresh fruit & vegetable bar available daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>**Menus are subject to change.</b></p> <p><b>Due to labor &amp; product shortages resulting from the pandemic, expect menu adjustments.</b></p>		<p>Mini Cream Cheese Bagels 1 Applesauce Cup</p> <hr/> <p>A. Mini Pancakes &amp; Turkey Sausage Links B. Italian Salad &amp; Dinner Roll Warm Cinnamon Peaches</p>	<p>Pop-Tart Yogurt Cup 2 Banana</p> <hr/> <p>A. Beef Soft Tacos B. Turkey &amp; Cheese Sandwich Sweet Golden Corn</p>	<p>Blueberry Bread Slice 3 Strawberry Craisins</p> <hr/> <p>A. French Bread Cheese Pizza B. Egg Chef Salad &amp; Dinner Roll Steamed Cauliflower</p>
<p>Cereal Bar 6 Tiger Bite Crackers Raisins</p> <hr/> <p>A. Sweet &amp; Sour Chicken with Rice B. Chicken Ham Chef Salad Steamed Broccoli</p>	<p>No School Election Day 7</p>	<p>Mini Donuts 8 Applesauce Cup</p> <hr/> <p>A. Broccoli &amp; Cheese Baked Potato with a Breadstick B. Yogurt &amp; Cheese Lunch Pack Baked Beans</p>	<p>Nutri-Grain Bar 9 Cheese Cubes Fresh Banana</p> <hr/> <p>A. Bosco Cheese Sticks &amp; Marinara Sauce B. Turkey &amp; Cheese Sub Sliced Carrots</p>	<p>UBR Chocolate Chip Breakfast Round 10 Diced Peach Cup</p> <hr/> <p>A. Cheese Pizza (Round) B. Baja Veggie Salad &amp; Dinner Roll Mixed Vegetables</p>
<p>Cereal Bowl 13 Graham Crackers Apple Slices</p> <hr/> <p>A. Crispy Fish Sticks &amp; Cheez-It Crackers B. Turkey &amp; Cheese Sub French Fries</p>	<p>Mini Cinnis 14 Mixed Berry Fruit Cup</p> <hr/> <p>A. Mozzarella Cheese Sticks &amp; Marinara Sauce B. Chicken Ham Chef Salad &amp; Dinner Roll Steamed Baby Carrots</p>	<p>Lemon Bread Slice 15 Applesauce Cup</p> <hr/> <p>A. Macaroni &amp; Cheese with a Dinner Roll B. Chicken Ham &amp; Cheese Sub Baked Beans</p>	<p>Mini Blueberry Waffles 16 Fresh Pear</p> <hr/> <p>A. Spicy Tzatziki Beef Gyro B. Turkey Chef Salad &amp; Dinner Roll Rainbow Vegetable Blend</p> <p><i>Limited Time Menu Item</i></p>	<p>Mini Donuts 17 Strawberry Craisins</p> <hr/> <p>A. All Beef Pepperoni Calzone B. Popcorn Chicken Salad &amp; Dinner Roll Roasted Cauliflower</p>
<p>Cereal Bowl 20 Tiger Bite Crackers Apple Slices</p> <hr/> <p>A. All Beef Hot Dog B. Egg Chef Salad &amp; Dinner Roll Seasoned Green Beans</p>	<p>Banana Chocolate Chunk 21 BenefIT Bar Fresh Orange</p> <hr/> <p>A. Roasted Turkey with Gravy &amp; Cranberry Sauce B. Three Cheese Sub Turkey Soft Pretzel Mashed Potatoes</p> <p><i>Thanksgiving Lunch</i></p>	<p>No School Thanksgiving Break 22</p>	<p>No School Thanksgiving Break 23</p>	<p>No School Thanksgiving Break 24</p>
<p>Cereal Bar 27 Graham Crackers Apple Slices</p> <hr/> <p>A. Mini Chicken Corn Dogs B. Turkey &amp; Cheese Sub French Fries</p>	<p>Mini Waffles 28 Mixed Berry Fruit Cup</p> <hr/> <p>A. Chicken Tenders &amp; Dinner Roll B. Cheesy Romaine Salad &amp; Dinner Roll Diced Carrots</p>	<p>Nutri-Grain Bar 29 Cheese Cubes Apple</p> <hr/> <p>A. Popcorn Chicken Bowl B. Turkey Chef Salad &amp; Dinner Roll Sweet Golden Corn</p>	<p>UBR Cinnamon Breakfast Round 30 Raisins</p> <hr/> <p>Half Day No Lunch</p>	

# 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.