

NOVEMBER 2024

Please complete an Education Benefits Form by visiting fraser.familyportal.cloud.

Breakfast & lunch include your choice of 1% or fat free flavored or unflavored milk.

ACE'S CORNER




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

One complete breakfast and lunch is FREE daily for each student!

Soybutter & Jelly Sandwich Meal & Cheese Sandwich are offered at lunch daily.

The fresh fruit & vegetable bar is available daily with all entrée choices!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Celebration BeneFIT Bar Strawberry Craisins & 100% Fruit Juice _____ A. Chicken Corn Dog B. Popcorn Chicken Salad & Dinner Roll Rainbow Vegetable Blend
Cereal & Tiger Bites Apple Slices & 100% Fruit Juice _____ A. Hot Dog on a Bun B. Apple, Yogurt & Cheese Plate Baked Beans	No School Election Day	Banana Chocolate Chunk BeneFIT Bar Applesauce Cup & 100% Fruit Juice _____ A. Chicken Tenders & Dinner Roll B. Italian Salad & Dinner Roll Peas & Carrots	Apple Frudel Banana & 100% Fruit Juice _____ A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Tater Tots	Strawberry Pop-tart & String Cheese Strawberry Craisins & 100% Fruit Juice _____ A. Personal Pan Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal & Graham Crackers Apple Slices & 100% Fruit Juice _____ A. Macaroni n' Cheese & Dinner Roll B. Turkey & Cheese Sub French Fries	Cereal & Graham Crackers Peach Cup & 100% Fruit Juice _____ A. Popcorn Chicken Bowl B. Breaded Chicken Caesar Salad & Dinner Roll Steamed Broccoli	Pumpkin Bread Slice Applesauce Cup & 100% Fruit Juice _____ A. Beef Nachos B. Pretzel, Yogurt & Cheese Pack Refried Beans	Chocolate Chip UBR Bar Banana & 100% Fruit Juice _____ A. Fall Brunch Plate B. Turkey Chef Salad & Dinner Roll Warm Apple Compote 	French Toast BeneFit Bar Strawberry Craisins & 100% Fruit Juice _____ A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
Cereal & Chocolate Tiger Bites Apple Slices & 100% Fruit Juice _____ A. Cheese Quesadilla B. Turkey Ham & Cheese Sandwich Black Beans	Blueberry Bread Slice Strawberry Fruit Cup & 100% Fruit Juice _____ A. Chicken Patty Sandwich B. Italian Salad & Dinner Roll Tater Tots	Strawberry Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice _____ A. Mini Waffles & Scrambled Eggs B. Apple, Yogurt & Cheese Plate Warm Cinnamon Peaches 	Banana Bread Slice Banana & 100% Fruit Juice _____ A. Beef Soft Tacos B. Turkey & Cheese Sandwich Sweet Golden Corn	Mini Strawberry Cream Cheese Bagels Raisins & 100% Fruit Juice _____ A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli
Cereal & Cheez-It Crackers Apple Slices & 100% Fruit Juice _____ A. Cheeseburger on a Bun with Pickles & Signature Sauce B. Crispy Chicken Wrap Steamed Broccoli	Oatmeal Chocolate Chip BeneFIT Bar Peach Cup & 100% Fruit Juice _____ A. Roasted Turkey w/ Gravy & Dinner Roll B. Turkey Ham Chef Salad & Dinner Roll Mashed Potatoes 	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

HARVEST HUES

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: BUTTERNUT SQUASH AND SWEET POTATO

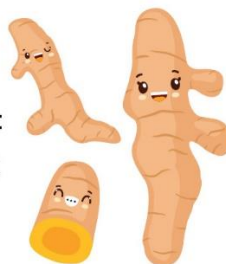
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



NECTARINES: Loaded with fiber, calcium, & vitamins A & C
Peak Season:
July–September



TURMERIC ROOT: Hearty dose of manganese, potassium, & curcumin
Peak Season:
June–August



CHALLENGE OF THE MONTH: CREATING A CORNUCOPIA OF COLOR

Gatherings of friends and family are always made better with a shared meal. As we continue to explore the benefits of eating the rainbow, what different colors will be at your table? Draw some of your favorite fruits and veggies from each color group to create a holiday cornucopia.



ACE'S RECIPE OF THE MONTH:

DEVILED EGG PUMPKIN PATCH*

Makes 12 Slices



INGREDIENTS:

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- Freshly ground black pepper
- Smoked paprika, for color
- Fresh chives, for garnish

PREPARATION:

1. Ask an adult to bring 6 eggs to a boil in a large pot. Instantly turn off heat and cover pot.
2. Set a timer and let sit for 11 minutes.
3. After timer, carefully remove eggs and immediately dunk them into ice water. Then peel off the eggshells and ask an adult to slice eggs in half lengthwise.
4. Once sliced, remove yolks into a medium bowl and place whites of eggs on a platter.
5. Mash yolks into a fine crumble, adding mayonnaise, vinegar, mustard, salt, and pepper.
6. Add paprika until mixture turns orange and evenly fill egg whites with the orange mixture.
7. Finish your pumpkin patch by adding small pieces of chives to each for pumpkin stems.

***DO NOT attempt to boil or slice eggs without adult supervision.**