



OCTOBER 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
<p>Cereal & Tiger Bites 30 Apple Slices & 100% Fruit Juice</p> <p>A. Hot Dog on a Bun B. Italian Salad & Dinner Roll Baked Beans</p>	<p>Bagel with Cream Cheese 1 Strawberry Fruit Cup & 100% Fruit Juice</p> <p>A. Chicken Tenders & Ripstick B. Turkey & Cheese Sandwich Sweet Golden Corn</p>	<p>Banana Chocolate Chunk 2 BenefIT Bar Fresh Michigan Apple & 100% Fruit Juice</p> <p>A. Chicken Dumplings & Egg Fried Rice B. Apple, Yogurt & Cheese Plate Peas & Carrots</p> <p><i>National Apple Month!</i></p>	<p>Apple Frudel 3 Banana & 100% Fruit Juice</p> <p>A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Warm Cinnamon Apples</p>	<p>Strawberry Pop-tart & String 4 Cheese Strawberry Craisins & 100% Fruit Juice</p> <p>A. Personal Pan Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli</p>
<p>Cereal & Graham Crackers 7 Apple Slices & 100% Fruit Juice</p> <p>A. Macaroni n' Cheese & Dinner Roll B. Turkey & Cheese Sub French Fries</p>	<p>Mini Maple Pancakes 8 Peach Cup & 100% Fruit Juice</p> <p>A. Beef Nachos B. Breaded Chicken Caesar Salad & Dinner Roll Refried Beans</p>	<p>Pumpkin Bread Slice 9 Applesauce Cup & 100% Fruit Juice</p> <p>A. Popcorn Chicken Bowl B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli</p>	<p>Chocolate Chip UBR Bar 10 Banana & 100% Fruit Juice</p> <p>A. Mini Chicken Corn Dogs & Ripstick B. Turkey Chef Salad & Dinner Roll Sliced Carrots</p>	<p>French Toast BeneFIT Bar 11 Strawberry Craisins & 100% Fruit Juice</p> <p>A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend</p>
<p>Cereal & Chocolate Tiger Bites 14 Apple Slices & 100% Fruit Juice</p> <p>A. Cheese Quesadilla B. Italian Salad & Dinner Roll Black Beans</p> <p><i>National School Lunch Week!</i></p>	<p>Blueberry Bread Slice 15 Strawberry Fruit Cup & 100% Fruit Juice</p> <p>A. Chicken Patty Sandwich B. Turkey Ham & Cheese Sandwich Tater Tots</p>	<p>Strawberry Nutri-Grain Bar & Cheese Cubes 16 Applesauce Cup & 100% Fruit Juice</p> <p>A. Mini Pancakes & Scrambled Eggs B. Apple, Yogurt & Cheese Plate Warm Cinnamon Peaches</p>	<p>Banana Bread Slice 17 Banana & 100% Fruit Juice</p> <p>A. Cheesy Chorizo Enchilada Bake B. Turkey & Cheese Sandwich Sweet Golden Corn</p> <p><i>Limited Time Item!</i></p>	<p>Mini Strawberry Cream Cheese 18 Bagels Raisins & 100% Fruit Juice</p> <p>A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli</p>
<p>Cereal & Cheez-It Crackers 21 Apple Slices & 100% Fruit Juice</p> <p>A. Waffles & Turkey Sausage Links with Syrup B. Turkey Ham Chef Salad & Dinner Roll Orange Glazed Carrots</p>	<p>Oatmeal Chocolate Chip 22 BenefIT Bar Peach Cup & 100% Fruit Juice</p> <p>A. Beef & Cheese Fritos Walking Taco B. Popcorn Chicken Salad & Dinner Roll Kickin' Pinto Beans</p> <p><i>Walking Taco Tuesday!</i></p>	<p>Powdered Sugar Mini Donuts 23 Applesauce Cup & 100% Fruit Juice</p> <p>A. Rotini with Meat Sauce & Ripstick B. Pretzel, Yogurt & Cheese Pack Green Beans</p>	<p>Cereal Bar & Yogurt Cup 24 Banana & 100% Fruit Juice</p> <p>Half Day No Lunch</p>	<p>Cinnamon UBR Bar 25 Strawberry Craisins & 100% Fruit Juice</p> <p>A. Pepperoni Pizza Slice B. Breaded Chicken Caesar Salad & Dinner Roll Steamed Cauliflower</p>
<p>Cereal & Tiger Bites 28 Apple Slices & 100% Fruit Juice</p> <p>A. Crispy Fish Sticks & Cheez-It Crackers B. Turkey & Cheese Sub French Fries</p>	<p>Mini Cinnis 29 Berry Fruit Cup & 100% Fruit Juice</p> <p>A. Bosco Cheese Sticks & Marinara Sauce B. Breaded Chicken Caesar Salad & Dinner Roll Roasted Baby Carrots</p>	<p>Lemon Bread Slice 30 Applesauce Cup & 100% Fruit Juice</p> <p>A. Cheeseburger on a Bun with Pickles & Signature Sauce B. Pretzel, Yogurt & Cheese Pack Baked Beans</p>	<p>Trix Mini French Toast 31 Banana & 100% Fruit Juice</p> <p>A. Sweet & Sour Popcorn Chicken with Rice B. Turkey Chef Salad & Dinner Roll Steamed Broccoli Halloween Sugar Cookie!</p>	

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

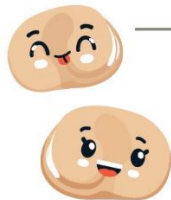
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**