

# NOVEMBER 2024

**Offered Daily at Lunch:**

- B. Cool Kids: Yogurt, String Cheese, Muffin & Cheez-its
- C. Chef's Salad w/ Turkey, Muffin & Cheez-its
- D. EZ Soy Butter & Jelly Jammer, String cheese & Cheez-its
- E. Chicken Popper Salad & Graham

**Single milk: 0.75 cents**

**PREORDER ONLY: Second Slice of Pizza \$2.00**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheeseburger on a Whole Grain Bun Baked Beans
4 	5 	6 Walking Taco Seasoned Black Beans Salsa Cup	7 Mini French Toast w/ Turkey Sausage Patty 100% V-Juice	8 Bosco Cheese Sticks w/ Marinara Dipping Sauce Carrot Coins
11 Chicken Patty Sandwich on a Whole Grain Bun Green Beans	12 Domino's Pizza Slice! Spinach & Romaine Salad	13 Chicken & Cheese Quesidilla Seasoned Black Beans Salsa Cup	14 Sweet & Sour Chicken over Brown Rice Carrot Coins	15 Mighty Chicken Corn Dog Tater Tots
18 Chicken Nuggets Whole Grain Roll Green Beans	19 Domino's Pizza Slice! Spinach & Romaine Salad	20 Beef Nachos Ground beef with cheese sauce & tortilla chips Corn & Salsa Cup	21 Mini Confetti Pancakes w/ Turkey Sausage Patty 100% V-Juice	22 Cheeseburger on a Whole Grain Bun Baked Beans
25 Whole Grain Popcorn Chicken w/ Cheez-its Green Beans	26 Domino's Pizza Slice Spinach & Romaine Salad	27 	28 	29 

# 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

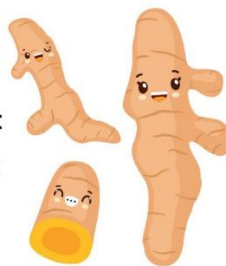
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



**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.**