

OCTOBER-NOVEMBER 2023



Elliott, Hamilton, Hicks,
Roosevelt-Mcgrath, &
Taft-Galloway
Elementary Schools

ACE'S CORNER

Extra Slice of Pizza \$2.00 on Pizza Day!

King Pancake Visits:

Roosevelt McGrath Ele Monday October 2nd

Elliott Ele Friday October 6th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutri Grain Bar Applesauce 2 <hr/> A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate	Muffin & Cheese Stick Whole Fruit 3 <hr/> A. Domino's Pizza B. Muffin & Cheese Plate	Strawberry Bagel Fruit Cup 4 <hr/> A. Breakfast Burrito B. Taco Stick C. Muffin & Cheese Plate	Cereal Banana 5 <hr/> A. Sloppy Joe Sandwich B. Grilled Cheese Sandwich C. Muffin & Cheese Plate	Fruit Bread Fruit Juice 6 <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Muffin & Cheese Plate
Breakfast Round Applesauce 9 <hr/> A. Corn Dog Nuggets B. Uncrustable (No Peanut) C. Ham & Cheese Sandwich	Pop Tart Whole Fruit 10 <hr/> A. Domino's Pizza B. Muffin & Cheese Plate	Tiger Bites & Go-Gurt Fruit Cup 11 <hr/> A. Bosco Sticks B. Mexican Pizza C. Ham & Cheese Sandwich	Zee Zee Bar Apple Slices 12 <hr/> A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Ham & Cheese Sandwich	Donut Day Fruit Juice 13 <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Ham & Cheese Sandwich
Nutri Grain Bar Applesauce 16 <hr/> A. Popcorn Chicken & Roll B. Uncrustable (No Peanut) C. Yogurt Plate	Muffin & Cheese Stick Whole Fruit 17 <hr/> A. Domino's Pizza B. Yogurt Plate	Cinni Mini Fruit Cup 18 <hr/> A. Mini Buffalo Calzone B. Italian Stromboli C. Yogurt Plate	Cereal Banana 19 <hr/> A. Macaroni & Cheese w/Pretzel B. Turkey Burger C. Yogurt Plate	Fruit Bread Fruit Juice 20 <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Yogurt Plate
Breakfast Round Applesauce 23 <hr/> A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Turkey & Cheese Sub	Pop Tart Whole Fruit 24 <hr/> A. Domino's Pizza B. Turkey & Cheese Sub	Bagel & Cream Cheese Fruit Cup 25 <hr/> A. Cheese Ravioli B. Mexican Pizza C. Turkey & Cheese Sub	Zee Zee Bar Apple Slices 26 <hr/> A. Pepperoni Calzone B. Crazy Cheese Bread C. Turkey & Cheese Sub	Donut Day Fruit Juice 27 <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Turkey & Cheese Sub
Nutri Grain Bar Applesauce 30 <hr/> A. Hot Pretzel & Cheese B. Uncrustable (No Peanut)	Cook's Choice Cook's Choice 31 <hr/> ½ DAY NO LUNCH SERVED	Bagel & Cream Cheese Apple Slices 1 <hr/> A. Beefy Nachos B. Taco Quesadillas C. Chips, Cheese, & Salsa	Cereal Banana 2 <hr/> A. Mini Pancakes B. Corn Dog C. Chips, Cheese, & Salsa	Cook's Choice Cook's Choice 3 <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Chips, Cheese, & Salad

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.



TAKEAWAY: 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.**