

NOVEMBER 2023

Edison, P. D. Graham,
Schweitzer, Wildwood,
& Walker-Winter
Elementary Schools



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. Domino's Pizza B. Chips, Cheese, & Salsa	Fruit Bread Fruit Juice 3 <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Chips, Cheese, & Salsa
Cook's Choice Applesauce 6 <hr/> A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate	NO SCHOOL PROFESSIONAL DEVELOPMENT DAY 7	Strawberry Bagel Fruit Cup 8 <hr/> A. Beef Hot Dog B. Taco Stick C. Muffin & Cheese Plate	Zee Zee Bar Apple Slices 9 <hr/> A. Domino's Pizza B. Muffin & Cheese Plate	Fruit Bread Fruit Juice 10 <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Muffin & Cheese Plate
Breakfast Round Applesauce 13 <hr/> A. Corn Dog Nuggets B. Uncrustable (No Peanut) C. Ham & Cheese Sandwich	Pop Tart Whole Fruit 14 <hr/> A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Ham & Cheese Sandwich	Tiger Bites & Go-Gurt Fruit Cup 15 <hr/> A. Bosco Sticks B. Mexican Pizza C. Ham & Cheese Sandwich	Cereal Banana 16 <hr/> A. Domino's Pizza B. Ham & Cheese Sandwich	Donut Day Fruit Juice 17 <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Ham & Cheese Sandwich
Nutri Grain Bar Applesauce 20 <hr/> A. Sliced Turkey & Roll B. Uncrustable (No Peanut)	Muffin & Cheese Stick Whole Fruit 21 <hr/> A. Cook's Choice B. Cook's Choice C. Cook's Choice	Cook's Choice Cook's Choice 22 <hr/> ½ DAY NO LUNCH	NO SCHOOL THANKSGIVING BREAK 23	NO SCHOOL THANKSGIVING BREAK 24
Breakfast Round Applesauce 27 <hr/> A. Chicken Tenders & Roll B. Uncrustable (No Peanut)	Pop Tart Whole Fruit 28 <hr/> A. Pepperoni Calzone B. Crazy Cheese Bread C. Turkey & Cheese Sub	Bagel & Cream Cheese Fruit Cup 29 <hr/> A. Mini Waffles & Sausage Patty B. Grilled Cheese Sandwich C. Turkey & Cheese Sub	Zee Zee Bar Apple Slices 30 <hr/> A. Domino's Pizza B. Turkey & Cheese Sub	Fruit Bread Fruit Juice 1 <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Turkey & Cheese Sub

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

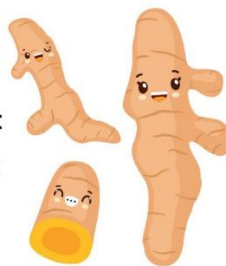
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



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.**