

OCTOBER 2021

**ALL FIRST BREAKFAST AND LUNCH ARE
FREE**

Now Hiring!!

Food Service is Hiring!

Work While Kids are in School

Great Benefits

Apply online @ www.aramark.com

ACE'S CORNER

Healthy Mystery Side Bags Available DAILY

Compliment your students home meal with fresh Fruit and Veggie Sides and milk or crackers for free!



All meals are served with a choice of 1% White or FF Chocolate Milk

Vegetarian entrees are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strawberry Cream Cheese Bagel Fresh Banana and Juice 04 NATIONAL TACO DAY A- Beef Tacos B- Yogurt Muffin Snack Pack Black Beans and Baby Carrots Fresh Apple	Strawberry Pancakes Fresh Banana and Juice 05 A-Chicken Nuggets with Cinnamon Biscuit B- Hot Dog Broccoli and Cucumber Fresh Apple	WG Muffin and String Cheese Applesauce and Juice 06 A-French Toast Sticks and Sausage B-MYO Pizza Pack Hash Browns and Celery Applesauce ACE Lucky Tray Day	Mini Cinnis Fresh Banana and Juice 07 A-Cheeseburger B- Grilled Cheese French Fries and Baby Carrots Fresh Apple	WG Donut Holes Craisins and Juice 08 A- Italian Cheese Pull Aparts B- Chicken Patty Sandwich Steamed Carrots and Fresh Celery Fresh Fruit Assortment
NO SCHOOL 11	NO SCHOOL 12	Strawberry Cream Cheese Bagel Applesauce and Juice 13 A- Beef Nachos B-MYO Pizza Pack Black Beans and Corn Salsa Fresh Grapes	WG Banana Muffin and String Cheese Fresh Banana and Juice 14 A-Confetti Pancakes and Sausage B-Taco Salad with Tortilla Chips French Fries and Romaine Salad Fresh Banana	Ultimate Breakfast Round Craisins and Juice 15 A-Cheese Pizza B- Yogurt Muffin Snack Pack Golden Corn and Celery Sticks Fresh Fruit Assortment
Scooby Snacks and Yogurt Fresh Orange and Juice 18 NATIONAL PASTA DAY A- Spaghetti and Meatballs B-Cheese Pizza Crunchers French Fries and Baby Carrots Fresh Apple	French Toast Benefit Bar Fresh Apple and Juice 19 A-Pizza Sticks with Marinara Sauce B-Popcorn Chicken with Pretzel Rod Cooked Carrots and Fresh Broccoli Fresh Orange	WG Muffin and String Cheese Applesauce and Juice 20 A-Hot Dog B-MYO Pizza Pack Baked Beans and Cucumbers Fresh Cantaloupe	Mini Pancakes Fresh Banana and Juice 21 A- Orange Chicken with Rice B-Popcorn Chicken Salad Broccoli and Baby Carrots Fresh Banana ACE Giveaway Day	WG Donut Holes Craisins and Juice 22 A- Beef Tacos B-Yogurt Muffin Snack Pack Kickin' Pinto Beans and Corn Salsa Fresh Fruit Assortment
Cinnamon Cream Cheese Bagel Fresh Orange and Juice 25 A-Cheeseburger B-Yogurt Muffin Snack Pack French Fries and Cucumbers Fresh Apple	Filled Cresent Fresh Apple and Juice 26 A-Cheesy Enchiladas B- T. Ham and Cheese Melt Black Beans and Celery Sticks Fresh Orange	WG Banana Bread Applesauce and Juice 27 NATIONAL POTATO DAY A-Loaded Chili Cheese Potato Wedges with Oyster Crackers B-Cheese Pizza French Fries and Baby Carrots Fresh Grapes	WG Muffin with String Cheese Fresh Banana and Juice 28 A- Cheese Quesadilla B- Taco Salad with Tortilla Chips Black Beans and Corn Salsa Fresh Banana	Ultimate Breakfast Round Craisins and Juice 29 A-Popcorn Chicken Bowl B-Yogurt Muffin Snack Pack Mashed Potatoes and Corn Fresh Fruit Assortment
NO SCHOOL 01	Cinnamon Cream Cheese Bagel Fresh Orange and Juice 02 A-Beef Tacos B-MYO Pizza Pack French Fries and Cucumbers Fresh Apple	Strawberry Yogurt Chex with String Cheese Applesauce and Juice 03 A-Chicken Nuggets with WG Pretzel B-Macaroni and Cheese Green Beans and Baby Carrots Fresh Banana	Cocoa Puff Cereal Bar with Yogurt Fresh Banana and Juice 04 A-Corn Dog B-Pizza Sticks with Marinara Waffle Fries and Romaine Salad Fresh Apple Chocolate Chip Cookie Cookie Monsters Birthday!	WG Blueberry Waffle Craisins and Juice 05 A-Chicken Patty Sandwich B-Jumbo Pretzel with Cheese and Yogurt Golden Corn and Celery Fresh Fruit Assortment

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ALL FIRST BREAKFAST AND LUNCH ARE FREE

¡Actualmente contratando!!

¡El servicio de comida esta contratando personal!!

Trabaja mientras los niños están en la escuela
Grandes beneficios

Solicite en línea @ www.aramark.com

ACE'S CORNER

Aguinaldo saludable para complementar tu lonche!
¡Complemente la comida casera de sus estudiantes con frutas y verduras frescas y leche o galletas saladas gratis!

Todas las comidas se sirven con una selección de 1% de leche blanca o con chocolate

Las entradas vegetarianas están escritas en verde

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rosquilla de queso crema de fresa Plátano fresco y jugo 04 DÍA NACIONAL DEL TACO A- Tacos de carne B- Paquete de bocadillos de magdalena y de yogur Frijoles negros y zanahorias Manzana fresca	Panqueques de fresa Plátano fresco y jugo 05 A- Nuggets de pollo con galleta de canela B- Hot Dog Brócoli y pepino Manzana fresca	Magdalena y queso de hebras Puré de manzana y jugo 06 A- Palitos de torrijas y salchichas B- Paquete de pizza Hash Browns y apio pure de manzana	Pan relleno de queso crema Plátano fresco y jugo 07 A- Hamburguesa con queso B- Sandwich de queso a la parrilla Papas fritas y zanahorias Manzana fresca	Bolitas de dona Arandanos secos y jugo 08 A- Pull Aparts de queso italiano B- Hamburguesa de pollo Zanahorias al vapor y apio fresco Surtido de frutas frescas
NO HAY ESCUELA 11	NO HAY ESCUELA 12	Rosquilla de queso crema de fresa Applesauce and Juice 13 A- Nachos de carne B- Paquete de pizza Salsa de Frijoles Negros y Maíz Uvas frescas	Magdalena y queso de hebras Plátano fresco y jugo 14 A- Panqueques de confeti y salchichas B- Ensalada de tacos con chips de tortilla Papas fritas y ensalada romana Plátano fresco	Ronda de desayuno Benefit Arandanos secos y jugo 15 A- Pizza de queso B- Paquete de bocadillos de muffin de yogur Maíz dorado y apio Surtido de frutas frescas
Scooby Snacks y Yogur Naranja fresca y jugo 18 DÍA NACIONAL DE LA PASTA A- Espaguetis y albóndigas B- Crujientes de pizza de queso Papas fritas y zanahorias Manzana fresca	Barra benefit de torrijas francesas Manzana fresca y jugo 19 A- Palitos de pizza con salsa Marinara B- palomitas de pollo con varilla de pretzel Zanahorias cocidas y brócoli fresco Naranja fresca	Muffin y queso de hebras Puré de manzana y jugo 20 A- Hot Dog B- Paquete de pizza Frijoles y pepinos horneados Melón fresco	Mini Panqueques Plátano fresco y jugo 21 A- Pollo a la naranja con arroz B- Ensalada de pollo con palomitas de maíz Brócoli y zanahorias Plátano fresco	Bolitas de donas Arandanos secos y jugo 22 A- Tacos de carne B- Paquete de bocadillos de muffin y yogur Frijoles pintos picantes y salsa de maíz Surtido de frutas frescas
Rosquilla de canela y Queso crema Naranja fresca y jugo 25 A- Hamburguesa con queso B- Paquete de bocadillos de muffin de yogur Papas fritas y pepinos Manzana fresca	Crescent relleno Manzana fresca y jugo 26 A- Enchiladas de queso B- Jamón de pavo y queso derretidos Frijoles negros y palitos de apio Naranja fresca	Pan de Plátano Applesauce and Juice 27 DÍA NACIONAL DE LA PAPA A- rebanadas de papa queso y chili con galletas B- Pizza de queso Papas fritas y zanahorias Uvas frescas	Magdalena con queso de hebras Plátano fresco y jugo 28 A- Cheese Quesadilla B- Ensalada de tacos con chips de tortilla Salsa de Frijoles Negros y Maíz Plátano fresco	Ronda de desayuno Benefit Arandanos secos y jugo 29 A- Tazón de palomitas de pollo B- Paquete de bocadillos de muffin y yogur Puré de papas y maíz Surtido de frutas frescas
NO HAY ESCUELA 01	Rosquilla de canela con queso crema Naranja fresca y jugo 02 A- Tacos de carne B- Paquete de pizza Papas fritas y pepinos Manzana fresca	Chex mix de yogur de fresa con queso de hebras Puré de manzana y jugo 03 A- Nuggets de pollo con Pretzel B- Macarrones con queso Ejotes y zanahorias Plátano fresco	Barra de cereal Cocoa Puff con yogur Plátano fresco y jugo 04 A- Hot dog en pan de maíz B- Palitos de pizza con Marinara Papas fritas de waffle y ensalada romana Manzana fresca Galleta con chispas de chocolate	Waffle de arandanos Arandanos secos y Jugo 05 A- Hamburguesa de pollo B- Jumbo Pretzel con Queso y Yogur Maíz dorado y apio Surtido de frutas frescas

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

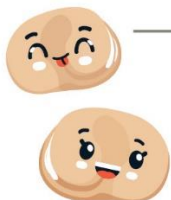
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



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.



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.**