

NOVEMBER 2025



Each meal is required to have at least one ½ cup of vegetables or fruits. Milk is optional.

ACE'S CORNER

•Menu is subject to change

Breakfast is Free for all grades



Prairie Ridge Intermediate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bug Bites w/Yogurt Cup 3 OR Honey Cheerios Cereal Cup Applesauce Cup, & Juice	Banana Breakfast Bread 4 OR Honey Cheerios Cereal Cup Raisins, & Juice,	Mini Sausage Pancake Bites5 OR Honey Cheerios Cereal Cup Apple Slices,& Juice	Cherry Frudel 6 OR Honey Cheerios Cereal Cup Orange Wedges, & Juice	7 No School
10 No School	11 Strawberry Pop Tart w/Yogurt Cup OR Trix Cereal Cup Raisins, & Juice	12 Chicken Biscuit OR Trix Cereal Cup Apple Slices, & Juice	13 Blueberry Snack'n Waffle OR Trix Cereal Cup Orange Wedges, & Juice	14 Oatmeal Apple Cinnamon Breakfast Round OR Trix Cereal Cup Craisins, & Juice
17 Animal Crackers w/ Yogurt Cup OR Cinnamon Toast Crunch Cereal Cup Applesauce Cup, & Juice	18 Banana Chocolate Chip Benefit Bar OR Cinnamon Toast Crunch Cereal Cup Raisins, & Juice	19 Pancake Bites OR Cinnamon Toast Crunch Cereal Cup Apple Slices, & Juice	20 Apple Frudel OR Cinnamon Toast Crunch Cereal Cup Orange Wedges, & Juice	21 Lemon Breakfast Bread OR Cinnamon Toast Crunch Cereal Cup Craisins, & Juice
24 Blueberry Breakfast Bread OR Cocoa Puffs Cereal Cup Applesauce Cup, & Juice	25 Assorted Breakfast Assorted Fruit & Juice	26 No School	27 No School	28 No School

TASTE THE SUNSET

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: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber, & vitamins C & A
Peak Season: May-September



PUMPKINS: Loaded with fiber, protein, & vitamins K & C
Peak Season: September-November



CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.



ACE'S RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4



INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey

PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



***DO NOT attempt to cook or slice without adult supervision.**