



# OCTOBER 2025 BOND

## More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Mini Confetti Pancakes</b> <b>Assorted Cereal</b> A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly	2 <b>Blueberry Pop-Tart</b> <b>Assorted Cereal</b> A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad	3 <b>Pumpkin Breakfast Bread</b> <b>Assorted Cereal</b> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
6 <b>Strawberry Pop-Tart</b> <b>Assorted Cereal</b> A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Sun Butter & Jelly	7 <b>Mini Cinnamon Rolls</b> <b>Assorted Cereal</b> A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	8 <b>Oatmeal Chocolate Chip Bar</b> <b>Assorted Cereal</b> A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly	9 <b>Yogurt w/ Giant Vanilla Goldfish Graham</b> <b>Assorted Cereal</b> 	10 
13 Colombus Day No School!  National School Lunch Week  Taste the World: Your School Lunch Passport	14 <b>Mini Cinnamon Cream Cheese Bagel</b> <b>Assorted Cereal</b> <b>Mexico</b> A. Beef Tacos w/ Mexicali Corn & Churro B. Hot Dog C. Three Cheese Sub	15 <b>Donut Holes</b> <b>Assorted Cereal</b> <b>Japan</b> A. Teriyaki Popcorn Chicken w/ Broccoli & Rice B. Cheeseburger C. Sun Butter & Jelly	16 <b>Apple Frudel</b> <b>Assorted Cereal</b> <b>Italy</b> A. Chicken Pasta Primavera w/ Garlic Parm Toast B. Bean & Cheese Burrito C. Popcorn Chicken Salad	17 <b>Banana Chocolate Bar</b> <b>Assorted Cereal</b> <b>France</b> A. Ham & Cheese Croissant B. Cheese Pizza B. Sun Butter & Jelly
20 <b>Chocolate Chip Breakfast Round</b> <b>Assorted Cereal</b> A. Bosco Sticks B. Hamburger C. Sun Butter & Jelly	21 <b>Vanilla Confetti Snack'n</b> <b>Assorted Cereal</b> A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub	22 <b>Trix French Toast</b> <b>Assorted Cereal</b> A. Popcorn Chicken Potato Bowl B. Hot Dog C. Sun Butter & Jelly	23 <b>Lumberjack</b> <b>Assorted Cereal</b> A. Glazed Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad	24 <b>Cinnamon Bun Crackers</b> <b>Assorted Cereal</b> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
27 <b>Strawberry Nutri-Grain Bar</b> <b>Assorted Cereal</b> A. Meatball Sub B. Corn Dog B. Sun Butter & Jelly	28 <b>Sausage, Egg &amp; Cheese Breakfast Burrito</b> <b>Assorted Cereal</b> A. Horseshoe B. Hot Dog C. Three Cheese Sub	29 <b>Mini Strawberry Cream Cheese Bagel</b> <b>Assorted Cereal</b> A. Honey Stung Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter & Jelly	30 <b>Cinnamon Toast Crunch Cereal Bar</b> <b>Assorted Cereal</b> A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Taco Salad	31 <b>Cinnamon Breakfast Bun</b> <b>Assorted Cereal</b> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly  <b>Halloween Treat</b>

# 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.**