

OCTOBER 2025 Gregory


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 Breakfast Burrito A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly	2 Breakfast Sandwich A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly	3 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
6 Biscuit w/ Sausage Gravy A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly	7 Breakfast Pizza A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	8 Breakfast Burrito A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	9 Breakfast Sandwich 	10 
Colombus Day No School!! National School Lunch Week → Taste the World: Your School Lunch Passport	14 Breakfast Pizza Mexico A. Beef Tacos w/ Mexicali Corn & Churro B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly	15 Breakfast Burrito Japan A. Teriyaki Popcorn Chicken w/ Broccoli & Rice B. Cheeseburger C. Apple, Yogurt & Cheese Pack D. Sun Butter & Jelly	16 Breakfast Sandwich Italy A. Chicken Pasta Primavera w/ Garlic Parm Toast B. Bean & Cheese Burrito C. Popcorn Chicken Salad D. Sun Butter & Jelly	17 Lumberjack Donut France A. Pepperoni Pizza B. Cheese Pizza B. Ham & Cheese Croissant D. Sun Butter & Jelly
20 Pancakes A. Bosco Sticks B. Hamburger C. Vegetable Baja Salad D. Sun Butter & Jelly	21 Breakfast Pizza A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly	22 Breakfast Burrito A. Popcorn Chicken Potato Bowl B. BBQ Rib C. Pizza Flatbread Aceable D. Sun Butter & Jelly	23 Breakfast Sandwich A. Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad D. Sun Butter & Jelly	24 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
27 Waffles A. Corn Dog B. Meatball Sub B. Chicken & Cheese Salad C. Sun Butter & Jelly	28 Breakfast Pizza A. Horseshoe B. Cheese Quesadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	29 Breakfast Burrito A. Honey Stung Popcorn Chicken w/ Biscuit B. Hot Dog C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	30 Breakfast Sandwich A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Taco Salad D. Sun Butter & Jelly	31 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly Halloween Treat

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.**