aramark STUDENT NUTRITION

Memorial Elementary

NOVEMBER 2026 MENU

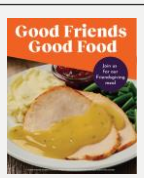


More Info…

- 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
2 **Trix French Toast** **Lucky Charms Cereal** A. Chicken Patty w/ Tornado Sauce B. Hot Dog C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	3 **Yogurt w/ Crackers** **Cocoa Puffs Cereal** A. Turkey Barbacoa Soft Tacos B. Three Cheese Mac & Cheese C. Romaine & Cheese Salad D. Sun Butter & Jelly	4 **Double Chocolate Donut Holes** **Cinnamon Toast Crunch Cereal** A. Orange Glazed Popcorn Chicken w/ Rice B. Mini Corn Dogs C. Ham & Cheese Sandwich D. Sun Butter & Jelly	5 **Banana Chocolate Benefit Bar** **Trix Cereal** A. French Toast Sticks w/ Sausage Patties B. Grilled Cheese C. Popcorn Chicken Salad D. Sun Butter & Jelly	6 **Apple Frudel** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
9 **Mini Strawberry Cream Cheese Bagel** **Lucky Charms Cereal** A. Cheese Pizza Max Sticks B. Mc. Ribb C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	10 **Cinnamon Sugar Donut Holes** **Cocoa Puffs Cereal** A. Nachos B. Bean & Cheese Burrito C. Taco Salad D. Sun Butter & Jelly	11  	12 **Lumberjack** **Trix Cereal** A. Glazed Donut w/ Egg Patty B. Chicken Nuggets C. Apple, Yogurt & Cheese Plate D. Sun Butter & Jelly	13 **Vanilla Confetti Snack'n Waffles** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
16 **Wild Blueberry Snack'n Waffles** **Lucky Charms Cereal** A. Chicken Tenders w/ Pizza Ranch Dipping Sauce B. Meatball Sub C. Ham & Cheese Sandwich D. Sun Butter & Jelly	17 **Fudge Pop-Tart** **Cocoa Puffs Cereal** A. Soft Beef Tacos B. Cheese Quesadilla C. Romaine & Cheese Salad D. Sun Butter & Jelly	18 **Mini Strawberry Pancake Puffs** **Cinnamon Toast Crunch Cereal** Friendsgiving Meal A. Turkey Mashed Potatoes Green Beans Dressing Sweet Potatoes Warm Cinnamon Peaches B. Yogurt Snack Pack	19 **Yogurt w/ Crackers** **Trix Cereal** A. Pancakes w/ Cheese Omelet B. Hot Dog C. Pizza Aceable D. Sun Butter & Jelly	20 **Cinnamon Breakfast Bun** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Bologna & Cheese Sandwich D. Sun Butter & Jelly
23 **Chocolate Chip Benefit Bar** **Lucky Charms Cereal** A. Hamburger Patty Horseshoe B. Grilled Cheese C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	24 **Bosco Stick** **Cocoa Puffs Cereal** A. Maple Pizza Waffalaco B. Cheese Quesadilla C. Taco Salad D. Sun Butter & Jelly	25 	26  	27 
30 **Strawberry Pop-Tart** **Lucky Charms Cereal** A. Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	  Friendsgiving Meal November 18th			

This institution is an equal opportunity provider.

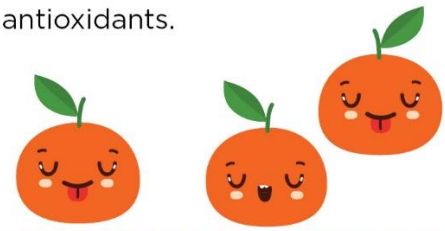
Menus may be subject to change.

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.

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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.