aramark STUDENT NUTRITION

North Elementary

OCTOBER 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
			1 **Banana Chocolate Benefit Bar** **Trix Cereal** A. French Toast Sticks w/ Sausage Patties B. Grilled Cheese C. Popcorn Chicken Salad D. Sun Butter & Jelly	2 **Apple Frudel** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
5 **Mini Strawberry Cream Cheese Bagel** **Lucky Charms Cereal** A. Cheese Pizza Max Sticks B. Mc. Ribb C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	6 **Breakfast Burrito** **Cocoa Puffs Cereal** A. Nachos B. Bean & Cheese Burrito C. Taco Salad D. Sun Butter & Jelly	7 **Bagel w/ Jelly** **Cinnamon Toast Crunch Cereal** A. Popcorn Chicken Bowl B. Cheeseburger C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	8 **Lumberjack** **Trix Cereal** A. Glazed Donut w/ Egg Patty B. Chicken Nuggets C. Apple, Yogurt & Cheese Plate D. Sun Butter & Jelly	9 **Vanilla Confetti Snack'n Waffles** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
12 	**Class with highest lunch participation this week will receive a breakfast donut party!** **Fudge Pop-Tart** **Cocoa Puffs Cereal** A. Soft Beef Tacos B. Cheese Quesadilla C. Romaine & Cheese Salad D. Sun Butter & Jelly Enjoy a Churro with Lunch Today!	**Mini Strawberry Pancake Puffs** **Cinnamon Toast Crunch Cereal** A. Pretzel W/Cheese B. Cheeseburger C. Turkey & Cheese Sandwich D. Sun Butter & Jelly Check out our circus activity pages today!	**Yogurt w/ Crackers** **Trix Cereal** A. Lumberjack B. Hot Dog C. Pizza Aceable D. Sun Butter & Jelly Check out our circus coloring pages today!	**Cinnamon Breakfast Bun** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Bologna & Cheese Sandwich D. Sun Butter & Jelly Enjoy a Carnival Cookie with Lunch Today!
19 **Chocolate Chip Benefit Bar** **Lucky Charms Cereal** A. Hamburger Patty Horseshoe B. Grilled Cheese C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	20 **Bosco Stick** **Cocoa Puffs Cereal** A. Maple Pizza Waffalaco B. Cheese Quesadilla C. Taco Salad D. Sun Butter & Jelly	21 **Powdered Sugar Donut Holes** **Cinnamon Toast Crunch Cereal** A. Ham & Cheese Sandwich B. Sun Butter & Jelly	22 **Blueberry Breakfast Bread** **Trix Cereal** A. Waffles w/ Sausage Patties B. Corn Dog C. Pretzel, Yogurt & Cheese Plate D. Sun Butter & Jelly	23 **Lumberjack** **Honey Cheerios Cereal** A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
26 **Strawberry Pop-Tart** **Lucky Charms Cereal** A. Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	27 **Mini Cinnamon Roll** **Cocoa Puffs Cereal** A. Walking Tacos B. Bean & Cheese Burrito C. Romaine & Cheese Salad D. Sun Butter & Jelly	28 **Chocolate Chip Benefit Bar** **Cinnamon Toast Crunch Cereal** Join us for lunch… A. Spaghetti w/ Beef Sauce B. BBQ Chicken Sandwich C. Bologna & Cheese Sandwich D. Sun Butter & Jelly … and get a Halloween Treat	29 	30

This institution is an equal opportunity provider.

Menus may be subject to change.

SNOWY WHITE

TASTE BUDS DELIGHT

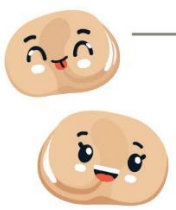
Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure 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.

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