aramark STUDENT NUTRITION

East Coloma

NOVEMBER 2026



PICK 2 You can always Pick 2 for Lunch in the Cafe

Choose lunch entrée & Pick TWO* of the following: fresh fruit, 100% fruit juice, hot/cold veggie or milk.

*No duplicates

ACE'S CORNER

Lunch Prices
Paid: $3.80
Reduced: $0.40



Uncrustable offered at lunch daily

1% white & FF Chocolate Milk Served Daily!

All salads include a whole grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Corn Dogs Egg Chef Salad Peas & Carrots, Broccoli, Orange Slices & Fruit Juice	3 Pepperoni Pizza 3 Cheese Sub Green Beans, Celery Sticks, Warm Cinnamon Apples & Orange Juice	4 Dumplings w/ Egg Fried Rice Apple Salad Sliced Carrots, Cucumber Slices, Apple & Grape Juice	5 Pancakes w/wo Sausage Patty Popcorn Chicken Salad Corn, Red Pepper Strips, Banana & Apple Juice	6 Popcorn Chicken w/wo Breadstick Ace's Pretzel Pack Mashed Potatoes, Baby Carrots, Apple & Fruit Juice
9 Cheese Pizza Turkey & Cheese Sandwich Mixed Veggies, Celery Sticks, Orange Slices & Fruit Juice	10 Beef Nachos Cheesy Chicken Salad Refried Beans, Broccoli, Banana & Apple Juice	11 Bosco Sticks w/ Marinara Ace's Pretzel Pack Seasoned Green Beans, Baby Carrots, Apple & Grape Juice	12 Mac N' Cheese w/ Mini Corn Dogs Apple Salad Corn, Pepper Strips, Orange Slices & Orange Juice	13 Chicken Patty on a Bun w/wo Pickles Chicken Caesar Salad French Fries, Cucumber Slices, Mixed Berry Applesauce & Fruit Juice
16 Chicken Nuggets w/wo Biscuit Cheesy Chicken Salad Baked Beans, Celery Sticks, Orange Slices & Fruit Juice	17 Pepperoni Pizza Apple Salad Sliced Carrots, Cucumber Slices, Apple & Apple Juice	18 Mini Maple Pancakes w/wo Cheesy omelet Turkey & Cheese Sandwich Green Beans, Baby Carrots, Orange Slices & Grape Juice	19 Beef Tacos Cheesy Romaine Salad Corn, Broccoli, Applesauce & Orange Juice Lucky Tray Day!	20 Chicken Drumstick w/wo Biscuit 3 Cheese Sub Mashed Potatoes, Pepper Strips, Apple & Fruit Juice Friendsgiving
23 No School	24 No School	25 No School	26 Thanksgiving Day	27 No School
30 French Toast Sticks w/wo Scrambled Eggs Turkey & Cheese Sandwich Corn, Baby Carrots, Applesauce & Orange Juice				**Now Hiring!!** Food Service is Hiring! ***Work While Kids are in School*** ***Great Benefits*** Apply online @ www.aramark.com

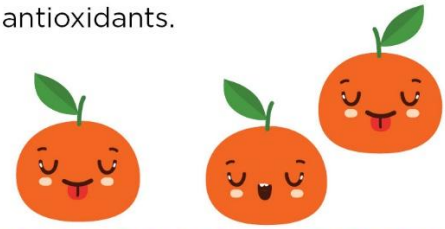
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TASTE THE SUNSET

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.