



ACE'S CORNER

OCPS Pre-K October Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast & Maple Syrup, <u>Grapes, 1% Milk</u> Cheese Pizza Cucumber Slices Fresh Fruit Salad
4 Cereal Bowl & String Cheese <u>Apple Slices, 1% Milk</u> Cheeseburger Potato Smiles Carrot Sticks Fruit Mix	5 Whole Grain Muffin w/ String Cheese <u>Applesauce, 1% Milk</u> Hot dog on a Bun, Vegetarian Beans Baked Lay's Chips Broccoli Bites, Diced Pears	6 Whole Grain Chocolate Glazed Donut <u>Banana, 1% Milk</u> Chicken Nuggets, Goldfish Crackers Green Beans, Celery Sticks Diced Peaches	7 Bagel w/ Cream Cheese & String <u>Cheese, Diced Peaches, 1% Milk</u> Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes	8 French Toast & Maple Syrup <u>Grapes, 1% Milk</u> Cheese Pizza Cucumber Slices Fresh Fruit Salad
11 School is closed Veteran's Day	12 Whole Grain Muffin w/ String Cheese <u>Applesauce, 1% Milk</u> Chicken Tenders, Rice & Corn Broccoli Bites, Diced Pears	13 Whole Grain Powdered Donut <u>Banana, 1% Milk</u> Chicken Nuggets, Cheez it Crackers Green Beans, Celery Sticks Diced Peaches Early Dismissal	14 Bagel w/ Cream Cheese & String <u>Cheese, Diced Peaches, 1% Milk</u> Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes	15 French Toast & Maple Syrup <u>Grapes, 1% Milk</u> Cheese Pizza Cucumber Slices Fresh Fruit Salad
18 Cereal Bowl & String Cheese <u>Apple Slices, 1% Milk</u> Cheeseburger, Potato Smiles Carrots, Fresh Mix	19 Whole Grain Muffin w/ String Cheese <u>Applesauce, 1% Milk</u> Hot dog on a Bun, Vegetarian Beans Baked Lay's Chips Broccoli Bites, Diced Pears	20 Whole Grain Glazed Donut <u>Banana, 1% Milk</u> Chicken Nuggets, Goldfish Crackers Green Beans, Celery Sticks Diced Peaches Parent Teacher Conference	21 Bagel w/ Cream Cheese & String <u>Cheese, Diced Peaches, 1% Milk</u> Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes Parent Teacher Conference	22 French Toast & Maple Syrup <u>Grapes, 1% Milk</u> Cheese Pizza Cucumber Slices Fresh Fruit Salad Parent Teacher Conference
25 Cereal Bowl & String Cheese <u>Apple Slices, 1% Milk</u> Cheeseburger, Potato Smiles Carrot Sticks, Fruit Mix	26 Whole Grain Muffin w/ String Cheese <u>Applesauce, 1% Milk</u> Chicken Tenders, Rice & Corn Broccoli Bites, Diced Pears	27 Whole Grain Cinnamon Donut <u>Banana, 1% Milk</u> Chicken Nuggets, Cheez it Crackers Green Beans, Celery Sticks Diced Peaches	28 Bagel w/ Cream Cheese & String <u>Cheese, Diced Peaches, 1% Milk</u> Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes	29 French Toast & Maple Syrup <u>Grapes, 1% Milk</u> Cheese Pizza Cucumber Slices Fresh Fruit Salad

YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Full of vitamin C, calcium, & iron
Peak Season: Apr.-May

LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



BANANA: Brimming with fiber & potassium
Peak Season: Apr.-Oct.

CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?

CAN I HAVE ONE?



NOPE



1. SELFISH SHELLFISH



2. FRESHLY FRIED FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID SLOWLY SEAWARD



ACE'S RECIPE OF THE MONTH:

PEANUT BUTTER BANANA ENERGY BARS*

Serves 12



INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

***DO NOT attempt cook or chop without adult supervision.**