



PICK 2 You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO* of the following: cereal, string cheese, graham crackers or yogurt.

ACE'S CORNER

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

OCPS October Breakfast & Lunch Menu

Cheese Sandwich offered at lunch daily

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Break Entrée Choices - Pick 2 Items (v) Pick item #1: Assorted cereals, pop-tarts, muffins. Low-fat Danimals yogurt/Pick item #2: Low fat string cheese, Animal crackers</p> <p>Lunch Daily Entrée Choices: PB & Jelly (v), PB Sandwich (v), Cheese Sandwich (v), Turkey & Cheese or Ham & Cheese Sandwich, Ace's Yogurt & Soft Pretzel Pack (v), Aces's Pizza Bagel Pack, Ace's Fruit/Yogurt, Low-fat String Cheese & Graham Cracker/Goldfish Crackers Pack (v) Offered Daily..... Baby Carrots Sticks & Apple Slices</p>				
<p>4</p> <p>Pancakes & Maple Syrup Cheeseburger Potato Smiles Carrot Sticks Fruit Mix</p>	<p>5</p> <p>Whole Grain Muffin w/ String Cheese Hot dog on a Bun Vegetarian Beans Baked Lay's Chips Broccoli Bites Diced Pears</p>	<p>6</p> <p>Chocolate Glazed Donut Chicken Nuggets Goldfish Crackers Green Beans Celery Sticks Diced Peaches</p>	<p>7</p> <p>Bagel w/ Cream Cheese & String Cheese Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes</p>	<p>1</p> <p>French Toast & Maple Syrup Cheese or Pepperoni Pizza Cucumber Slices Fresh Fruit Salad</p>
<p>11</p> <p><u>School is closed</u></p> <p>Veteran's Day</p>	<p>12</p> <p>Whole Grain Muffin w/ String Cheese Chicken Tenders Rice & Corn Broccoli Bites Diced Pears</p>	<p>13</p> <p><u>Powdered Donut</u> Chicken Nuggets Cheez it Crackers Green Beans Celery Sticks Diced Peaches Early Dismissal</p>	<p>14</p> <p>Bagel w/ Cream Cheese & String Cheese Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes</p>	<p>15</p> <p>French Toast & Maple Syrup Cheese or Pepperoni Pizza Cucumber Slices Fresh Fruit Salad</p>
<p>18</p> <p>Pancakes & Maple Syrup Cheeseburger Potato Smiles Carrots Fresh Mix</p>	<p>19</p> <p>Whole Grain Muffin w/ String Cheese Hot dog on a Bun Vegetarian Beans Baked Lay's Chips Broccoli Bites Diced Pears</p>	<p>20</p> <p><u>Glazed Donut</u> Chicken Nuggets Goldfish Crackers Green Beans Celery Sticks Diced Peaches Parent Teacher Conference</p>	<p>21</p> <p>Bagel w/ Cream Cheese & String Cheese Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes Parent Teacher Conference</p>	<p>22</p> <p>French Toast & Maple Syrup Cheese or Pepperoni Pizza Cucumber Slices Fresh Fruit Salad Parent Teacher Conference</p>
<p>25</p> <p>Pancakes & Maple Syrup Cheeseburger Potato Smiles Carrot Sticks Fruit Mix</p>	<p>26</p> <p>Whole Grain Muffin w/ String Cheese Chicken Tenders Rice & Corn Broccoli Bites Diced Pears</p>	<p>27</p> <p><u>Cinnamon Donut</u> Chicken Nuggets Cheez it Crackers Green Beans Celery Sticks Diced Peaches</p>	<p>28</p> <p>Bagel w/ Cream Cheese & String Cheese Mini Maple Pancakes Chicken Sausage Hash Brown Rounds Watermelon Cubes</p>	<p>29</p> <p>French Toast & Maple Syrup Cheese or Pepperoni Pizza Cucumber Slices Fresh Fruit Salad</p> <p><small>This institution is an equal opportunity provider. Menu is subject to change.</small></p>

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.**