

OCPS Pre-K NOVEMBER 2022



ACE'S CORNER

Breakfast Prices

Paid: \$1.30

Reduced: \$0.00

Lunch Prices

Paid: \$3.00

Reduced: \$0.00

Cheese Sandwich offered at lunch daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bagel & Lite Cream Cheese Grapes & 1% Milk 1 <hr/> Mac & Cheese Sweet Peas Dinner Roll Carrot Sticks Diced Peaches	Mini Waffles w/ Sugar Free Syrup, Apple Slices & 1% Milk 2 <hr/> Chicken Nuggets Rice Corn Celery Sticks Diced Peaches	Whole Grain Muffin Banana & 1% Milk 3 <hr/> Hotdog on a Bun Baked Beans Carrot Sticks Diced Peaches	Yogurt & Graham Crackers, Applesauce & 1% Milk 4 <hr/> Cheese Pizza Green Beans Cucumber Slices Strawberries
Cereal Bowl, Graham Crackers, Apple Slices & 1% Milk 7 <hr/> Cheeseburger on a Bun Sweet Potato Fries Cucumber Slices Diced Pears	Bagel & Lite Cream Cheese Grapes & 1% Milk 8 <hr/> Pizza Sticks Green Beans Dinner Roll Carrot Sticks Diced Peaches	French Toast Sticks w/ Sugar Free Syrup, Apple Slices & 1% Milk 9 <hr/> Chicken Nuggets Rice Corn Celery Sticks Diced Peaches	10	11
			School is Closed	School is Closed
Cereal Bowl, Graham Crackers, Apple Slices & 1% Milk 14 <hr/> Grilled Cheese Green Beans Cucumber Slices Diced Pears	Bagel & Lite Cream Cheese Grapes & 1% Milk 15 <hr/> Sloppy Joe Sandwich Potato Smiles Carrot Sticks Diced Peaches	Mini Waffles w/ Sugar Free Syrup, Apple Slices & 1% Milk 16 <hr/> Chicken Nuggets Rice Corn Celery Sticks Diced Peaches	Whole Grain Muffin Banana & 1% Milk 17 <hr/> Mini Corn Dog Nuggets Baked Beans Carrot Sticks Diced Peaches	Yogurt & Graham Crackers, Applesauce & 1% Milk 18 <hr/> Cheese Pizza Green Beans Cucumber Slices Strawberries
Cereal Bowl, Graham Crackers, Apple Slices & 1% Milk 21 <hr/> French Toast Sticks w/ Sugar Free Syrup Hash Brown Rounds Cucumber Slices Diced Pears	Bagel & Lite Cream Cheese Grapes & 1% Milk 22 <hr/> Cheeseburger on a Bun Tater Tots Cucumber Slices Diced Peaches	Yogurt & Graham Crackers, Applesauce & 1% Milk 23 <hr/> Cheese Pizza Green Beans Cucumber Slices Strawberries Early Dismissal	24	25
			School is Closed	School is Closed
Cereal Bowl, Graham Crackers, Apple Slices & 1% Milk 28 <hr/> Chicken Tenders Mashed Potatoes Cucumber Slices Diced Pears	Bagel & Lite Cream Cheese Grapes & 1% Milk 29 <hr/> Cheese Quesadilla Refried Beans Carrot Sticks Diced Peaches	Mini Waffles w/ Sugar Free Syrup, Grapes & 1% Milk 30 <hr/> Chicken Nuggets Rice Corn Celery Sticks Diced Peaches		

ROOT-IMENTARY FACTS

Sweet potatoes, or *Ipomoea batatas*, are orange-fleshed potatoes that grow underground as tuberous roots. On top of being a healthy yet sweeter dish that is delicious with marshmallows, they are a great source of beta-carotene, vitamin A, vitamin C, and are full of calcium, potassium, iron, and fiber. With over 260 million sweet potatoes harvested globally each year, sweet potatoes are considered a staple crop. Mashed, fried, candied, or baked, these yummy, wholesome veggies are always a-peeling!



ACTIVITY: THANKSGIVING WORD SEARCH

CIRCLE the 12 hidden words. Each word will only be circled once. Words may be horizontal, vertical, or diagonal. No words will be backwards.

- happy thanksgiving
- gobble
- feast
- pumpkin
- harvest
- squash
- cranberry
- sweet potatoes
- stuffing
- mayflower
- turkey
- fall

h	g	d	s	n	a	p	p	f	a	o	s	l	c	n	l	l	e	n
w	a	l	h	h	y	q	l	v	a	d	y	e	o	p	s	i	m	z
i	i	r	n	a	o	h	c	e	e	l	e	v	s	j	h	c	a	f
t	c	r	v	b	b	a	i	h	l	h	l	u	f	i	v	e	y	e
o	s	w	e	e	t	p	o	t	a	t	o	e	s	k	z	u	f	a
a	q	i	j	o	s	t	u	f	f	i	n	g	y	q	o	p	l	s
f	u	l	i	c	l	t	k	p	e	l	s	h	j	s	n	u	o	t
p	a	i	o	w	v	v	l	u	n	u	m	e	h	o	j	b	w	u
e	s	c	k	p	x	o	y	m	s	t	o	c	s	i	c	a	e	r
q	h	s	t	a	n	o	i	p	f	s	w	a	u	f	b	i	r	k
o	n	g	o	b	b	l	e	k	z	o	k	k	l	v	b	q	i	e
b	i	v	k	l	r	i	w	i	o	c	r	a	n	b	e	r	r	y
h	a	p	p	y	t	h	a	n	k	s	g	i	v	i	n	g	l	k

I YAM WHO I YAM!

DID YOU KNOW? In other countries, especially Asia and Polynesia, the word “yam” refers to an entirely different starchy root vegetable, but in the U.S. it is often used interchangeably—some would argue incorrectly—as a name for sweet potatoes.

ACE'S JOKE OF THE MONTH

Q. WHAT DOES A CHICKPEA SAY WHEN IT'S SICK?

SEE ANSWER BELOW

