

NOVEMBER 2023

North Stonington Elementary Breakfast and Lunch Menu

Special Events:

- Nov 7th- National Nacho Day
- Nov 16th- Thanksgiving Dinner
- Nov 29th- Waffley Wednesday



ACE'S CORNER

Breakfast Prices

Paid: \$0.00

Reduced: \$0.00

Lunch Prices

Paid: \$ 3.05

Reduced: \$0.00

Contact Info

Monique Herard- Foodservice Director

401-315-1610 or herard-monique@aramark.com

Assorted Cereals available daily at breakfast

Sun Butter & Jelly Sandwiches available daily at lunch

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Benefit Bar 30 Apple, 100% Fruit Juice <hr/> 1. Chicken Patty Sandwich 2. Ham & Cheese Sub 3. Hummus & Veggie Plate w/ Roll Tater Tots	Pumpkin Bread 31 Mixed Fruit , 100% Fruit Juice <hr/> 1. Pizza Sticks w/ Marinara Sauce 2. Chicken Caesar Salad w/ Roll 3. Hummus & Veggie Plate w/ Roll Corn	 01 <hr/> 1. Waffle w/ Scrambled Eggs 2. All-American Sub 3. Flatbread Pizza Lunch Kit Celery Sticks	Muffin w/ String Cheese 02 Craisins, 100% Fruit Juice <hr/> 1. Chicken Tenders w/ Roll 2. Chicken Caesar Salad w/ Roll 3. Hummus & Veggie w/ Roll Edamame Beans	Benefit Bar 03 Banana, 100% Fruit Juice <hr/> 1. Cheese or Pepperoni Pizza 2. Ham & Cheese Sub 3. Hummus & Veggie Roll Fresh Broccoli
Cheese Bosco Breadstick 06 Apple, 100% Fruit Juice <hr/> 1. Grilled Cheese Sandwich w/ Bacon 3. All-American Sub 4. Flatbread Pizza Lunch Kit Baked Beans	Egg & Cheese Bagel Sandwich 07 Orange, 100% Fruit Juice <hr/> 1. Tater Tots Beef Nachos w/ Roll 2. Ham Chef Salad w/ Roll 3. Flatbread Pizza Lunch Kit Grape Tomatoes 	Cinnamon Roll 08 Craisins, 100% Fruit Juice <hr/> 1. Waffle w/ Scrambled Eggs 2. All-American Sub 3. Flatbread Pizza Lunch Kit Celery Sticks	Muffin w/ String Cheese 09 Craisins, 100% Fruit Juice <hr/> 1. Pasta w/ Meatballs & Roll 2. Ham Chef Salad w/ Roll 3. Flatbread Pizza Lunch Kit Edamame Beans	
Cinni Mini 13 Applesauce, 100% Fruit Juice <hr/> 1. Chicken Patty Sandwich 3. Turkey & Cheese Sub 4. Pizza Bagel Lunch Kit Spinach Salad w/ Balsamic	Egg Muffin Melt 14 Mixed Fruit, 100% Fruit Juice <hr/> 1. Macaroni & Cheese w/ Roll 3. Popcorn Chicken Salad w/ Roll 4. Pizza Bagel Lunch Kit Baby Carrots	Mini Strawberry Bagel 15 Fresh Pear, 100% Fruit Juice <hr/> 1. French Toast Sticks w/ Sausage 3. Turkey & Cheese Sub 4. Pizza Bagel Lunch Kit Baked Beans	Muffin w/ Yogurt 16 Raisins, 100% Fruit Juice <hr/> 1. Turkey & Gravy w/ Roll 2. Chicken Nuggets w/ Roll Mashed Potato Stuffing Warm Cinnamon Apples 	Oatmeal Round 17 Diced Peaches, 100% Fruit Juice <hr/> 1. Cheese or Pepperoni Pizza 3. Turkey & Cheese Sub 4. Pizza Bagel Lunch Kit Fresh Zucchini Strips
Bagel w/ Cream Cheese or Jelly 20 Apple, 100% Fruit Juice <hr/> 1. Hot Dog 3. Ham & Cheese Sub 4. Pepperoni Pizza Bagel Lunch Kit Seasoned Corn	Egg & Cheese Sandwich 21 Orange, 100% Fruit Juice <hr/> 1. Hamburger or Cheeseburger 3. Egg Chef Salad w/ Roll 4. Pepperoni Pizza Bagel Lunch Kit Green Beans	Cinni Mini 22 Applesauce, 100% Fruit Juice <hr/> 1. Pancakes w/ Sausage 2. Ham & Cheese Sub 4. Pepperoni Pizza Bagel Lunch Kit Cucumber Coins		
Oatmeal Round 27 Applesauce, 100% Fruit Juice <hr/> 1. Chicken Patty Sandwich 3. Turkey & Cheese Sub 4. Yogurt Parfait Kit w/ Goldfish Baked Beans	Ham & Cheese Bagel 28 Apple, 100% Fruit Juice <hr/> 1. Chicken Tenders w/ Biscuit 2. Italian Salad w/ Roll 3. Yogurt Parfait Kit w/ Goldfish Corn	Banana Bread 29 Orange, 100% Fruit Juice <hr/> 1. Waffles w/ Omelet 3. Turkey & Cheese Sub 3. Yogurt Parfait Kit w/ Goldfish Hash Browns 	Mini French Toast 30 Craisins, 100% Fruit Juice <hr/> 1. Beef & Cheese Nachos 2. Italian Salad w/ Roll 3. Yogurt Parfait Kit w/ Goldfish Rainbow Mixed Vegetables	Cinnamon Roll 01 Diced Peaches, 100% Fruit Juice <hr/> 1. Cheese or Pepperoni Pizza 3. Turkey & Cheese Sub 4. Yogurt Parfait Kit w/ Goldfish Grape Tomatoes

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	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

