

# OCTOBER 2023

**Breakfast and lunch are  
FREE for all students!**

Offered Daily at Lunch ~

B. Cool Kids ~ Yogurt, String Cheese,  
Muffin

C. Chef's Salad w/ Turkey

ACE'S CORNER

Please complete a Meal  
Application Form on the MiStar  
Parent Portal.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Cold Breakfast available before school</p> <p>Cheese Bosco Sticks w/ Marinara Sauce Mixed Vegetable</p>	<p><b>3</b></p> <p>Cold Breakfast available before school</p> <p>Chicken Patty Sandwich Carrot Coins</p>	<p><b>4</b></p> <p>Cold Breakfast available before school</p> <p>Tater Tot Beef Nachos Black Beans</p>	<p><b>5</b></p> <p>Cold Breakfast available before school</p> <p>Eggoji Waffles w/ Turkey Sausage Potatoes</p>	<p><b>6</b></p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Green Beans</p>
<p><b>9</b></p> <p>Cold Breakfast available before school</p> <p>Crazy Cheesy Bread Carrot Coins</p>	<p><b>10</b></p> <p>Cold Breakfast available before school</p> <p>C.Corn Dog Baked Beans</p>	<p><b>11</b></p> <p>Cold Breakfast available before school</p> <p>Nacho Cheese Walking Taco Corn</p>	<p><b>12</b></p> <p>Cold Breakfast available before school</p> <p>Chicken Tenders with Roll Green Beans</p>	<p><b>13</b></p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Green Peas</p>
<p><b>16</b></p> <p>Cold Breakfast available before school</p> <p>T.Hot Dog on a Bun Baked Beans</p>	<p><b>17</b></p> <p>Cold Breakfast available before school</p> <p>Pizza Chicken Meatball Sub Carrots</p>	<p><b>18</b></p> <p>Cold Breakfast available before school</p> <p>Asian Steamed Chicken&amp; Vegetable Dumplings Green Peas</p>	<p><b>19</b></p> <p>Cold Breakfast available before school</p> <p>French Toast Sticks w/ Turkey Sausage Potatoes</p>	<p><b>20</b></p> <p>No School</p>
<p><b>23</b></p> <p>Cold Breakfast available before school</p> <p>Macaroni &amp; Cheese w/ Roll Green Beans</p>	<p><b>24</b></p> <p>Cold Breakfast available before school</p> <p>Beef Nachos Black Beans</p>	<p><b>25</b></p> <p>Cold Breakfast available before school</p> <p>Popcorn Chicken &amp; Orange Sauce over Brown Rice Broccoli Cuts</p>	<p><b>26</b></p> <p>Cold Breakfast available before school</p> <p>Cheeseburger on a Bun Corn</p>	<p><b>27</b></p> <p>Cold Breakfast available before school</p> <p>Beef Pepperoni Cheesy Breadstick Carrot Coins</p>
<p><b>30</b></p> <p>Cold Breakfast available before school</p> <p>Beef Soft Tacos Black Beans</p>	<p><b>31</b></p> <p>Cold Breakfast available before school</p> <p>Cheeseburger on a Bun Mixed Vegetables</p>	<p><b>1</b></p> <p>Cold Breakfast available before school</p> <p>Mini C.Sausage Pancake Bites Potatoes</p>	<p><b>2</b></p> <p>Cold Breakfast available before school</p> <p>Chicken Tenders with Brown Rice and Thai Sate Sauce Broccoli Cuts</p>	<p><b>3</b></p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Carrot Coins</p>

# SNOWY WHITE

## TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

### DISCOVER: MUSHROOMS

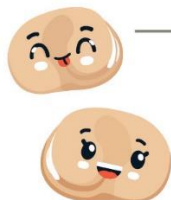
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



**COCONUT:** Loaded with potassium, fiber, & vitamin B6  
Peak Season: Oct.-Dec.



**PARSNIPS:** Hearty dose of fiber, vitamins, & minerals  
Peak Season: Aug.-March



**FAVA BEANS:**  
Bursting with plant protein, calcium, & micronutrients  
Peak Season: March-May

### CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



**TAKEAWAY:** Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



**ACE'S**  
RECIPE OF THE  
MONTH:

### NO-BAKE COCONUT CANDY BARS\*

*Makes 6-8 Bars*

#### INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

#### PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

**\*DO NOT attempt to chop ingredients or operate food processor without adult supervision.**