

# Meeting Street NOVEMBER 2021

**pick 2** A variety of fruits and vegetables are offered daily  
A fruit or a vegetables is required for all meals

Visit [cpsed.nutrislice.com](https://cpsed.nutrislice.com) for nutritional information for all our menu options.

Breakfast and Lunch is free for all students regardless of income  
\*Milk only is \$0.50

## ACE'S CORNER



Find us on **Facebook**

# NEWS

**Cranston Public Schools Foodservice** for highlights of all the exciting and innovative things we are doing for the students and community in Cranston

This month's special days:  
Cookie Monster's Birthday - Nov. 2  
National Sandwich Day - Nov. 3  
Lucky "Tray" Day - Nov. 16

Contact us:  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Hot Option</b> Cheeseburger Or Hamburger Sweet Potato Fries</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>01</b> <i>Cookie Monster's Birthday</i> <b>Hot Option</b> Tater Bite Nachos Kickin' Pinto Beans</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>02</b> <i>National Sandwich Day</i> <b>Hot Option</b> Chicken Patty Potato Smiles</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>04</b> <b>Hot Option</b> Pancakes Omelet Cinnamon Apples</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>05</b> <b>Hot Option</b> Cheese Pizza Carrot Coins</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>
<p><b>08</b> <b>Hot Option</b> Chicken Tenders Mac n' Cheese Peas/Carrots</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>09</b> <b>Hot Option</b> Chicken Parmesan Sandwich Green Beans</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>10</b> <b>Hot Option</b> Waffles Omelet Potato Smiles</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>11</b> No School Veteran's Day</p>	<p><b>12</b> <b>Hot Option</b> Pepperoni Pizza Seasoned Corn</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>
<p><b>15</b> <b>Hot Option</b> Meatball Sub Roasted Zucchini</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>16</b> <i>ACE Lucky Tray Day</i> <b>Hot Option</b> Cheeseburger Twister Fries</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>17</b> <b>Hot Option</b> Ravioli Garlic Wedge Peas</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>18</b> <b>Hot Option</b> Chicken Tenders Whole Grain Biscuit Carrot Coins</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>19</b> <b>Hot Option</b> Hot Dog Baked Beans</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>
<p><b>22</b> <b>Hot Option</b> Roasted Turkey w/ Roll Mashed Potato Peach Crisp</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>23</b> <b>Hot Option</b> Orange Chicken Lo Mein Mixed Vegetable</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>24</b> No School Thanksgiving Recess</p>	<p><b>25</b> No School Thanksgiving Recess</p>	<p><b>26</b> No School Thanksgiving Recess</p>
<p><b>29</b> <b>Hot Option</b> Chicken Nuggets Goldfish Crackers Spiral Fries</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>30</b> <b>Hot Option</b> Country Chicken Bowl Whole Grain Biscuit</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>01</b> <b>Hot Option</b> Loaded Baked Potato Whole Grain Roll</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>02</b> <b>Hot Option</b> Beef &amp; Cheese Nachos Refried Beans</p> <p><b>Fun Lunch</b> Bagel Fun Lunch</p>	<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>

# TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

## DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



**MANGOES:** Hearty dose of folate, fiber, & vitamins C & A  
Peak Season: May-September



**PUMPKINS:** Loaded with fiber, protein, & vitamins K & C  
Peak Season: September-November



## CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.



## ACE'S RECIPE OF THE MONTH:

### AUTUMN FRUIT SALAD\*

Serves 4

#### INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey



#### PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



\*DO NOT attempt to cook or slice without adult supervision.