

NOVEMBER 2023

Alternative Options for Breakfast

- Week of 11/1:** Strawberry Yogurt Chex Mix with Cheese Stick
- Week of 11/6:** Cinnamon Toast Crunch Cereal Bar with Cheese Stick
- Week of 11/13:** Trix Cereal Bar with Cheese Stick
- Week of 11/20:** Cocoa Puffs Cereal Bar with Cheese Stick
- Week of 11/28:** Strawberry Yogurt Chex Mix with Cheese Stick



BREAKFAST MENU Riverside Elementary East



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Complete Breakfast Meals are FREE for Riverside students!</i></p> <p><i>*WG – Whole Grain</i></p>		<p>¹</p> <p>Mini French Toast</p> <p>Applesauce</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>²</p> <p>Otis Spunkmeyer Muffin</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>³</p> <p>WG Kellogg Pop Tart</p> <p>Raisins</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p>
<p>⁶</p> <p>Apple Strudel Stick</p> <p>Apple Slices</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>⁷</p> <p>Yogurt with Scooby Sticks</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>⁸</p> <p>Mini Maple Waffles</p> <p>Applesauce</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>⁹</p> <p>Bagel with Cream Cheese</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>¹⁰</p> <p>NO SCHOOL</p> 
<p>¹³</p> <p>WG Rice Krispy Treat</p> <p>Apple Slices</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>¹⁴</p> <p>Cinnamon Mini Buns</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>¹⁵</p> <p>Mini Confetti Pancakes</p> <p>Applesauce</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>¹⁶</p> <p>WG Nutrigrain Bar</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>¹⁷</p> <p>WG Kellogg Pop Tart</p> <p>Raisins</p> <p>100% Juice</p> <p>Choice of Milk</p>
<p>²⁰</p> <p>Otis Spunkmeyer Muffin</p> <p>Apple Slices</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>²¹</p> <p>Yogurt with Animal Crackers</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>²²</p> <p>Otis Spunkmeyer Muffin</p> <p>Applesauce</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>²³ ²⁴</p> <p>NO SCHOOL</p> 	
<p>²⁷</p> <p>NO SCHOOL</p> 	<p>²⁸</p> <p>WG Rice Krispy Treat</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>²⁹</p> <p>WG Nutrigrain Bar</p> <p>Applesauce</p> <p>100% Juice</p> <p>Choice of Milk</p>	<p>³⁰</p> <p>Mini Confetti Pancakes</p> <p>Fresh Fruit</p> <p>100% Juice</p> <p>Choice of Milk</p>	

HARVEST HUES

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: BUTTERNUT SQUASH AND SWEET POTATO

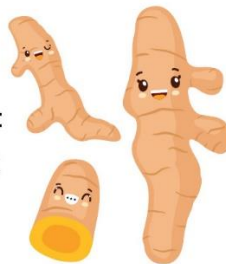
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



NECTARINES: Loaded with fiber, calcium, & vitamins A & C
Peak Season:
July–September



TURMERIC ROOT: Hearty dose of manganese, potassium, & curcumin
Peak Season:
June–August



CHALLENGE OF THE MONTH: CREATING A CORNUCOPIA OF COLOR

Gatherings of friends and family are always made better with a shared meal. As we continue to explore the benefits of eating the rainbow, what different colors will be at your table? Draw some of your favorite fruits and veggies from each color group to create a holiday cornucopia.



ACE'S RECIPE OF THE MONTH:

DEVILED EGG PUMPKIN PATCH*

Makes 12 Slices



INGREDIENTS:

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- Freshly ground black pepper
- Smoked paprika, for color
- Fresh chives, for garnish

PREPARATION:

1. Ask an adult to bring 6 eggs to a boil in a large pot. Instantly turn off heat and cover pot.
2. Set a timer and let sit for 11 minutes.
3. After timer, carefully remove eggs and immediately dunk them into ice water. Then peel off the eggshells and ask an adult to slice eggs in half lengthwise.
4. Once sliced, remove yolks into a medium bowl and place whites of eggs on a platter.
5. Mash yolks into a fine crumble, adding mayonnaise, vinegar, mustard, salt, and pepper.
6. Add paprika until mixture turns orange and evenly fill egg whites with the orange mixture.
7. Finish your pumpkin patch by adding small pieces of chives to each for pumpkin stems.

***DO NOT attempt to boil or slice eggs without adult supervision.**