

NOVEMBER 2021

Mariemont Elementary School

*Menus are subject to change

ACE'S CORNER

*Wow Butter (Soy Based) & Jelly
Sandwiches, Yogurt Snack Boats, Milk
Varieties and a Colorful Assortment of
Fruits & Vegetables Available Daily

Suggestions, comments, or questions?
Contact Steve at Schlamm-STEVEN@aramark.com
or Cassie at mcgowan-CASSANDRA@aramark.com

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Featured Offerings

1

Chicken Drumstick with
Biscuit
Cheeseburger on a Bun
Featured Side Items
Mashed Potatoes
Mixed Fruit
Broccoli

Featured Offerings

2

Chicken Parmesan over
Spaghetti
Chicken Tenders
Featured Side Items
Grape Tomatoes
Mixed Vegetables
Fruit Punch

Featured Offerings

3

Beef Soft Tacos with
Corn Muffin
Chicken Patty on a Bun
Featured Side Items
Sante Fe Rice
Charro Black Beans
Sweet Potato Fries
Diced Peaches

Featured Offerings

4

Popcorn Chicken Bowl
Hot Dog on a Bun
Featured Side Items
Baked Beans
Applesauce
Celery Sticks

Featured Offerings

5

Pizza Day!
Enjoy House-made
Pepperoni or Cheese!
Featured Side Items
Broccoli
Orange Juice

Featured Offerings

8

Fish Bites with
Mac & Cheese
Cheeseburger on a Bun
Featured Side Items
Waffle Fries
Grape Tomatoes
Mixed Fruit

Featured Offerings

9

Chicken & Tot Stack with
Garlic Bread
Chicken Tenders
Featured Side Items
Mixed Vegetables
Fruit Punch

Featured Offerings

10

Cheese Stuffed Ravioli
with Marinara and
Breadstick
Chicken Patty on a Bun
Featured Side Items
Zucchini
Red Peppers
Diced Peaches

Featured Offerings

11

Salisbury Steak and
Gravy
Hot Dog on a Bun
Featured Side Items
Mashed Potatoes
Applesauce
Celery Sticks

Featured Offerings

12

Pizza Day!
Enjoy House-made
Pepperoni or Cheese!
Featured Side Items
Broccoli
Orange Juice

Featured Offerings

15

Sloppy Joe on a Bun
Cheeseburger on a Bun
Featured Side Items
Baby Carrots
Corn
Mixed Fruit

Featured Offerings

16

Chicken Corn Dogs
with Dinner Roll
Chicken Tenders
Featured Side Items
Green Beans
Red Peppers
Fruit Punch

Featured Offerings

17

BBQ Riblet Sub
Chicken Patty on a Bun
Featured Side Items
Sweet Potato Fries
Zucchini
Red Peppers
Diced Peaches

Thanksgiving For Lunch!

**Come By and
Celebrate
with Us!**

**Featured Offerings**

19

Pizza Day!
Enjoy House-made
Pepperoni or Cheese!
Featured Side Items
Broccoli
Orange Juice

Featured Offerings

22

Country Fried Steak
with Gravy & Biscuit
Cheeseburger on a Bun
Featured Side Items
Mashed Potatoes
Grape Tomatoes
Mixed Fruit

23



24

Happy Thanksgiving!

25



26

Featured Offerings

29

Orange Chicken with Rice
Cheeseburger on a Bun
Featured Side Items
Green Beans
Edamame
Mixed Fruit

Featured Offerings

30

Meatballs & Spaghetti
with Breadstick
Chicken Tenders
Featured Side Items
Mixed Vegetables
Red Peppers
Fruit Punch

Featured Offerings

1

BBQ Chicken Tender Sub
Chicken Patty on a Bun
Featured Side Items
Zucchini
Sweet Potato Fries
Diced Peaches

Welcome
December!

Featured Offerings

2

Chicken BBQ Sandwich
Hot Dog on a Bun
Featured Side Items
Applesauce
Celery Sticks
Charro Black Beans

Featured Offerings

3

Pizza Day!
Enjoy House-made
Pepperoni or Cheese!
Featured Side Items
Broccoli
Orange Juice

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

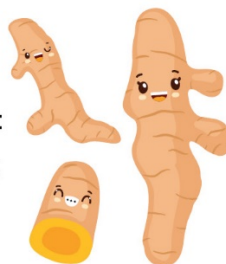
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



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

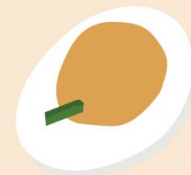
Gatherings of friends and family are always made better with a shared meal. As we continue to explore the benefits of eating the rainbow, what different colors will be at your table? Draw some of your favorite fruits and veggies from each color group to create a holiday cornucopia.



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.**