

OCTOBER 2024 ELEMENTARY LUNCH

Milk choices include 1% white milk or fat-free flavored milk

To make a meal, students must select 3 or 4 items. At least one item must be a ½ c fruit or 4 fl. oz. fruit juice.

Available Daily Grab-&-Go Fruit Options May Include:
Assorted 100% Fruit Juice
Fresh Fruit such as Apples or Pears
Craisins



ACE'S CORNER

All students are eligible for universal free lunch in the Scranton School District.

National School Lunch Week October 14th – 18th!



October is National Apple Month!



If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | <p>World Vegetarian Day!</p> <p>Broccoli Cheddar Baked Potato w/ Biscuit Hot Dog Popcorn Chicken Salad w/ Croutons & Dinner Roll Steamed Broccoli Fresh Tomato Wedges Fresh Spinach Salad Diced Peaches & Fresh Orange</p> | <p>Chicken & Vegetable Dumpling w/ Vegetarian Fried Rice (w/ egg) Cheeseburger MYO Pizza Bagel Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> | <p>French Toast Sticks w/ Chicken Sausage Patty Grilled Cheese Sandwich Popcorn Chicken Salad w/ Dinner Roll & Croutons Potato Smile Fries Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p> | <p>National Taco Day! Cheese Pizza Chicken Soft Tacos MYO Pizza Bagel Kickin' Pinto Beans Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice</p> |
| <p>Mini Chicken Corn Dogs Cheeseburger Peach & Yogurt Parfait w/ Cheese Stick, Hartzels, & Goldfish Crackers Vegetarian Baked Beans Fresh Celery Sticks Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> | <p>Beef Nachos Chicken Patty Sandwich Egg Chef Salad w/ Croutons & Dinner Roll Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Diced Peaches & Fresh Orange</p> | <p>Popcorn Chicken w/ Biscuit Hot Dog Peach & Yogurt Parfait w/ Cheese Stick, Hartzels, & Goldfish Crackers Mashed Potatoes w/ or w/out gravy Fresh Tomato Wedges Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> | <p>Golden Crispy Boneless Wings w/ Goldfish Macaroni & Cheese w/ Goldfish Egg Chef Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p> | <p>No School for Students</p> |
| <p>Columbus Day District Closed</p> | <p>NSLW! Lucky Tray Day! Bosco Sticks w/ Dipping Sauce Cheeseburger Italian Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches & Fresh Orange</p> | <p>NSLW! Lucky Tray Day! Pancake Bites w/ Cheesy Cheeseburger Chicken Patty Sandwich Ham & Cheese Sandwich Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> | <p>NSLW! Lucky Tray Day! Chicken Tenders w/ Italian Rice Hot Dog Italian Salad w/ Croutons & Dinner Roll Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p> | <p>NSLW! Lucky Tray Day! Cheese Pizza Sloppy Joe Sandwich Ham & Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice</p> |
| <p>Popcorn Chicken w/ Hartzels Grilled Cheese Strawberry & Yogurt Parfait w/ Cheese Stick, Hartzels, & Goldfish Campfire Beans Fresh Baby Carrots Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> | <p>Chicken Patty Sandwich w/ Signature "Scranton" Sauce Mini Pierogies w/ Cheese Stick Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange</p> | <p>Rotini Pasta w/ Meat or Plain Sauce Chicken Nuggets w/ Goldfish Strawberry & Yogurt Parfait w/ Cheese Stick, Hartzels, & Goldfish Steamed Broccoli Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> | <p>Eggoji Waffles w/ Turkey Sausage Links Hot Dog Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Waffle Fries Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p> | <p>Cheese Pizza BBQ Pork Riblet Sandwich Strawberry & Yogurt Parfait w/ Cheese Stick, Hartzels, & Goldfish Steamed Green Beans Fresh Cucumber Slices Fresh Garden Salad Applesauce & 100% Orange Juice</p> |
| <p>Chicken Nuggets w/ Yellow Rice Fish Sticks w/ Yellow Rice Turkey & Cheese Sandwich Steamed Peas Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> | <p>BBQ Chicken Tender Sub Melt Corn Dog All-American Cobb Salad w/ Croutons & Dinner Roll Crinkle Cut French Fries Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange</p> | <p>Nacho Cheese Walking Taco Chicken Patty Sandwich Turkey & Cheese Sandwich Steamed Corn Fresh Cucumber Slices Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> | <p>Bacon Cheeseburger Bean & Cheese Burrito All-American Cobb Salad w/ Croutons & Dinner Roll Kickin' Pinto Beans Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p> | <p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Apply online @ https://careers.aramark.com/job?req_id=516356</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

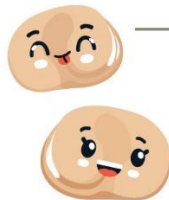
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



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.**