

# OCTOBER 2024 ELEMENTARY BREAKFAST

**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



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

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
	Trix French Toast <b>1</b> Fresh Pear Grab & Go Fruit Milk	Cocoa Puff Cereal Bar <b>2</b> Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Apple Frudel <b>3</b> Fresh Banana Grab & Go Fruit Milk	Scooby Doo Cinna <b>4</b> Grahams Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Chocolate Chip Breakfast <b>7</b> Round Fresh Apple Grab & Go Fruit Milk	Maple Mini Pancakes <b>8</b> Fresh Pear Grab & Go Fruit Milk	Strawberry Nutrigrain Bar <b>9</b> Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese <b>10</b> Breakfast Sandwich Fresh Banana Grab & Go Fruit Milk	<p style="text-align: center;"><b>No School for Students</b></p>
<p style="text-align: center;"><b>Columbus Day No School for Students</b></p>	Cinnamon Toast Crunch <b>15</b> French Toast Fresh Pear Grab & Go Fruit Milk	Trix Cereal Bar <b>16</b> Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Cinnamon Sugar Donut <b>17</b> Fresh Banana Grab & Go Fruit Milk	Bug Bites <b>18</b> Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Oatmeal Chocolate Chip <b>21</b> Benefit Bar Fresh Apple Grab & Go Fruit Milk	Mini Confetti Pancakes <b>22</b> Fresh Pear Grab & Go Fruit Milk	Blueberry Nutrigrain Bar <b>23</b> Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese <b>24</b> Breakfast Sandwich Fresh Banana Grab & Go Fruit Milk	Banana Muffin <b>25</b> Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Chocolate Filled Crescent <b>28</b> Fresh Apple Grab & Go Fruit Milk	CinniMini <b>29</b> Fresh Pear Grab & Go Fruit Milk	Strawberry Poptart <b>30</b> Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Wild Blueberry <b>31</b> Snack'n Waffles Fresh Banana Grab & Go Fruit Milk	<p style="text-align: center;"><b>Now Hiring!! Food Service is Hiring! Work While Kids are in School</b></p> <p style="text-align: center;">Apply online @  <a href="https://careers.aramark.com/job?req_id=516356">https://careers.aramark.com/job?req_id=516356</a></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

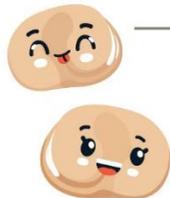
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



**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.**