

NOVEMBER 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



ACE'S CORNER



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
<p>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Apply online @ https://careers.aramark.com/job?req_id=516356</p>				<p>Cocoa Puff Cereal Bowl 1 Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk</p>
<p>Bagel w/ Cream Cheese 4 Fresh Apple Grab & Go Fruit Milk</p>	<p>5 Election Day District Closed</p>	<p>6 Cocoa Puff Cereal Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk</p>	<p>7 Apple Frudel Fresh Banana Grab & Go Fruit Milk</p>	<p>8 Scooby Doo Cinna Grahams Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk</p>
<p>11 Veteran's Day District Closed</p>	<p>12 Maple Mini Pancakes Fresh Pear Grab & Go Fruit Milk</p>	<p>13 Strawberry Nutrigrain Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk</p>	<p>14 Egg & Cheese Breakfast Sandwich Fresh Banana Grab & Go Fruit Milk</p>	<p>15 Fudge Poptart Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk</p>
<p>18 Blueberry Breakfast Bread Fresh Apple Grab & Go Fruit Milk</p>	<p>19 Cinnamon Toast Crunch French Toast Fresh Pear Grab & Go Fruit Milk</p>	<p>20 Trix Cereal Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk</p>	<p>21 Cinnamon Sugar Donut Fresh Banana Grab & Go Fruit Milk</p>	<p>22 Bug Bites Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk</p>
<p>25 Oatmeal Chocolate Chip Benefit Bar Fresh Apple Grab & Go Fruit Milk</p>	<p>26 Mini Confetti Pancakes Fresh Pear Grab & Go Fruit Milk</p>	<p>27 Blueberry Nutrigrain Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk</p>	<p>28 Thanksgiving Break District Closed</p>	<p>29 Thanksgiving Break District Closed</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.**