

NOVEMBER 2024 ELEMENTARY LUNCH

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

Five food components are offered at lunch daily: **Meat/Meat Alternate**, **Grain**, **Fruit**, **Vegetable**, and **Milk**. To make a meal, students must select foods from at least 3 components in the required serving sizes. At least one item must be ½ c fruit or ½ c vegetable.



ACE'S CORNER



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

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

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>National Sandwich Day! 1</p> <ul style="list-style-type: none"> Cheese Pizza Patty Melt New! Turkey & Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice 	
<p>BBQ Meatballs w/ Rice Chicken Patty Sandwich Build-Your-Own Nacho Pack Steamed Peas Fresh Broccoli Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> <p style="text-align: right;">4</p>		<p style="text-align: center;">Election Day District Closed</p> <p style="text-align: right;">5</p>		<p>Chicken & Vegetable Dumpling w/ Vegetarian Fried Rice (w/ egg) Cheeseburger Build-Your-Own Nacho Pack Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Diced Pears & Fresh Apple Slices</p> <p style="text-align: right;">6</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 style="text-align: right;">7</p>		<p>Early Dismissal Bagged Lunch 8</p> <ul style="list-style-type: none"> Galaxy Pizza Fresh Baby Carrots Applesauce Cup Milk 	
<p style="text-align: center;">Veteran's Day District Closed</p> <p style="text-align: right;">11</p>		<p>Early Dismissal Bagged Lunch 12</p> <ul style="list-style-type: none"> Chicken Patty Sandwich Fresh Celery Sticks Fresh Orange Milk 		<p>Early Dismissal Bagged Lunch 13</p> <ul style="list-style-type: none"> Cheeseburger Fresh Baby Carrots Fresh Apple Slices Milk 		<p>Early Dismissal Bagged Lunch 14</p> <ul style="list-style-type: none"> Golden Crispy Boneless Wings w/ Goldfish Crackers Fresh Cucumber Slices Fresh Banana Milk 		<p>15</p> <ul style="list-style-type: none"> Cheese Pizza Breaded Fish Sandwich Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Goldfish Crackers Steamed Green Beans Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice 	
<p>Beef Soft Tacos Corn Dog Ham & Cheese Sandwich Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> <p style="text-align: right;">18</p>		<p>New Item! Turkey Pepperoni Stuffed Sandwich Cheeseburger Italian Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches & Fresh Orange</p> <p style="text-align: right;">19</p>		<p>Waffle Wednesday! 20</p> <ul style="list-style-type: none"> Eggoji Waffles w/ Cheesy Scrambled Eggs Chicken Patty Sandwich Ham & Cheese Sandwich Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices 		<p>Friendsgiving Meal 21</p> <ul style="list-style-type: none"> Roasted Turkey Fresh Baked Biscuit Mashed Potatoes w/ or w/o Gravy Seasoned Green Beans Warm Cinnamon Apples Fresh Banana Italian Salad w/ Croutons & Roll Fresh Broccoli & Spinach Salad 		<p>22</p> <ul style="list-style-type: none"> Sloppy Joe Sandwich Ham & Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice 	
<p>Popcorn Chicken w/ Heartzels Grilled Cheese Strawberry & Yogurt Parfait w/ Cheese Stick, Heartzels, & Goldfish Campfire Beans Fresh Baby Carrots Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p> <p style="text-align: right;">25</p>		<p>26</p> <ul style="list-style-type: none"> 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>Early Dismissal Bagged Lunch 27</p> <ul style="list-style-type: none"> Chicken Nuggets w/ Goldfish Fresh Celery Sticks Fresh Apple Slices Milk 		<p style="text-align: center;">Thanksgiving Break District Closed</p> <p style="text-align: right;">28</p>		<p style="text-align: center;">Thanksgiving Break District Closed</p> <p style="text-align: right;">29</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.