

APRIL 2025 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 1/2 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.



ACE'S CORNER



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
	Maple Mini Pancakes 1 Fresh Pear Grab & Go Fruit Milk	Strawberry Nutrigrain Bar 2 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese Breakfast Sandwich 3 Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Fudge Poptart 4 Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Blueberry Breakfast Bread 7 Fresh Apple Grab & Go Fruit Milk	Cinnamon Toast Crunch 8 French Toast Fresh Pear Grab & Go Fruit Milk	Golden Graham Cereal Bar 9 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Cinnamon Sugar Donut 10 Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Bug Bites 11 Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Oatmeal Chocolate Chip 14 Benefit Bar Fresh Apple Grab & Go Fruit Milk	Mini Confetti Pancakes 15 Fresh Pear Grab & Go Fruit Milk	National Banana Day! 16 Banana Muffin Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	17 Spring Break No School for Students	18 Spring Break No School for Students
21 Spring Break No School for Students	CinniMini 22 Fresh Pear Grab & Go Fruit Milk	Strawberry Poptart 23 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Mini Blueberry Waffles 24 Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Cocoa Puff Cereal Bowl 25 Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Cinnamon Raisin Bagel 28 w/ Cream Cheese Fresh Apple Grab & Go Fruit Milk	Trix French Toast 29 Fresh Pear Grab & Go Fruit Milk	Cocoa Puff Cereal Bar 30 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Now Hiring!! Food Service is Hiring! Work While Kids are in School Apply online @ https://careers.aramark.com/job?req_id=550036	

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

***DO NOT attempt to chop ingredients or cook without adult supervision.**