

# APRIL 2025 PRE-K BREAKFAST

Milk choices include 1% white milk or Skim Milk

All breakfast meals must include:

- Entrée
- Fruit
- Milk

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

ACE'S CORNER

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. This institution is an equal opportunity provider

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							
	WG Maple Mini Pancakes 100% Orange Juice Milk	1 WG Corn Chex Cereal Bowl Hard Boiled Egg Diced Pears Milk	2 Egg & Cheese On WG Bun Mixed Berry Applesauce Cup Milk	3 WG Banana Muffin Cheese Stick Fresh Apple Slices Milk							
WG Cinnamon Biscuit Fresh Orange Wedges Milk	7	WG Cinnamon Toast Crunch French Toast 100% Orange Juice Milk	8	WG Blueberry Muffin Strawberry Banana Yogurt Diced Pears Milk	9	Breakfast Turkey Sausage Egg & Cheese WG Bagel Mixed Berry Applesauce Cup Milk	10	WG Rice Chex Cereal Bowl Cheese Stick Fresh Apple Slices Milk	11		
WG Mini Cinnamon Creamy Cheese Bagel Fresh Orange Wedges Milk	14	WG Mini Confetti Pancakes 100% Orange Juice Milk	15	WG Cheerio Cereal Bowl Strawberry Banana Yogurt Diced Pears Milk	16	<b>Spring Break No School for Students</b>		17	<b>Spring Break No School for Students</b>		18
<b>Spring Break No School for Students</b>		21	WG Maple Mini Pancakes 100% Orange Juice Milk	22	WG Corn Chex Cereal Bowl Hard Boiled Egg Diced Pears Milk	23	WG Mini Blueberry Waffles Mixed Berry Applesauce Cup Milk	24	WG Apple Cinnamon Muffin Cheese Stick Fresh Apple Slices Milk	25	
½ WG Bagel w/ Cream Cheese Fresh Orange Wedges Milk	28	WG Trix French Toast 100% Orange Juice Milk	29	WG Blueberry Muffin Strawberry Banana Yogurt Diced Pears Milk	30	<b>Now Hiring!! Food Service is Hiring! Work While Kids are in School Apply online @ <a href="https://careers.aramark.com/job?req_id=550036">https://careers.aramark.com/job?req_id=550036</a></b>					

# 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.**