

APRIL 2025 PRE-K LUNCH

Milk choices include 1% white milk or skim milk

All lunch meals must include
Meat/Meat Alternate
Grain
Fruit
Vegetable
Fluid Milk

All students are eligible for universal free lunch 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

	Beef Nachos (w/ WG Tortilla Chips) Steamed Corn Diced Peaches Milk	1	WG Popcorn Chicken Mashed Potatoes w/ Gravy Fresh Apple Slices Milk	2	WG Macaroni & Cheese w/ WG Goldfish Steamed Carrots Strawberries Milk	3	WG Cheese Pizza Steamed Green Beans Applesauce Cups Milk	4	
WG Beef Soft Tacos Kickin' Pinto Beans Mixed Fruit Cup Milk	7	WG Bosco Sticks w/ Dipping Sauce Steamed Carrots Fresh Orange Wedges Milk	8	WG Pancake Bites w/ Cheesy Scrambled Eggs Tater Tots Diced Pears Milk	9	WG Chicken Tenders Steamed Green Beans Mandarin Orange Milk	10	WG Cheese Pizza Steamed Broccoli 100% Orange Juice Milk	11
WG Popcorn Chicken w/ WG Heartzels Campfire Beans Mixed Fruit Cup Milk	14	WG Pierogies w/ Cheese Stick Steamed Carrots Fresh Orange Wedges Milk	15	Early Dismissal Bagged Lunch Chicken Patty Sandwich Fresh Cucumber Slices Fresh Apple Slices Milk	16	17 Spring Break No School for Students	18 Spring Break No School for Students	18	
21 Spring Break No School for Students	21	Cheeseburger on WG Bun Crinkle Cut French Fries Diced Peaches Milk	22	Chicken Patty Sandwich on WG Bun Vegetarian Baked Beans Diced Pears Milk	23	Nacho Cheese Walking Taco (w/ WG Chips) Steamed Corn Strawberries Milk	24	WG Cheese Pizza Steamed Broccoli Applesauce Cup Milk	25
Salisbury Steak w/ WG Breadstick Parsley Mashed Potatoes w/ Gravy Mixed Fruit Cup Milk	28	WG Chicken Soft Tacos Steamed Corn Fresh Orange Wedges Milk	29	WG French Toast Sticks w/ Cheesy Scrambled Eggs Emoji Fries Diced Pears Milk	30	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Apply online @ https://careers.aramark.com/job?req_id=550036</p>			

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

ANSWERS: Apple: stem, eye lashes, spots, cheek; Broccoli: flower head, stem, glasses, tongue

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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.**