

# APRIL 2025 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.

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

**4/2 National Peanut Butter & Jelly Day!**

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



ACE'S CORNER

Cheese, PB&J, and/or Sun Butter & Jelly Sandwiches offered at lunch daily



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**1** Beef Nachos  
Chicken Patty Sandwich  
Egg Chef Salad w/ Croutons & Dinner Roll  
Steamed Corn  
Fresh Green Pepper Strips  
Fresh Spinach Salad  
Diced Peaches & Fresh Orange

**2** Popcorn Chicken w/ Biscuit  
Hot Dog  
Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers  
Mashed Potatoes w/ or w/out gravy  
Fresh Tomato Wedges  
Fresh Garden Salad  
Diced Pears & Fresh Apple Slices

**3** Golden Crispy Boneless Wings w/ Goldfish  
Broccoli Cheddar Baked Potato w/ Goldfish  
Egg Chef Salad w/ Croutons & Dinner Roll  
Steamed Broccoli  
Fresh Cucumber Slices  
Fresh Spinach Salad  
Pineapple Chunks & Fresh Banana

**4** Cheese Pizza  
Breaded Fish Sandwich  
Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers  
Steamed Carrots  
Fresh Baby Carrots  
Fresh Garden Salad  
Applesauce & 100% Orange Juice

**7** Beef Soft Tacos  
Corn Dog  
Ham & Cheese Sandwich  
Kickin' Pinto Beans  
Fresh Tomato Wedges  
Fresh Garden Salad  
Mixed Fruit & 100% Apple Juice

**8** Bosco Sticks w/ Dipping Sauce  
Cheeseburger  
Italian Salad w/ Croutons & Dinner Roll  
Steamed Carrots  
Fresh Cucumber Slices  
Fresh Spinach Salad  
Diced Peaches & Fresh Orange

**9** Pancake Bites w/ Cheesy Scrambled Eggs  
Chicken Patty Sandwich  
Ham & Cheese Sandwich  
Tater Tots  
Fresh Celery Sticks  
Fresh Garden Salad  
Diced Pears & Fresh Apple Slices

**10** Chicken Tenders w/ Breadstick  
Hot Dog  
Italian Salad w/ Croutons & Dinner Roll  
Steamed Green Beans  
Fresh Broccoli  
Fresh Spinach Salad  
Pineapple Chunks & Fresh Banana

**11** **Grilled Cheese Day!**  
Cheese Pizza  
Grilled Cheese Sandwich  
Ham & Cheese Sandwich  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Garden Salad  
Applesauce & 100% Orange Juice

**14** Popcorn Chicken w/ Heartzels  
Sloppy Joe Sandwich  
Strawberry & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers  
Campfire Beans  
Fresh Baby Carrots  
Fresh Garden Salad  
Mixed Fruit & 100% Apple Juice

**15** 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

**16** **Early Dismissal Bagged Lunch**  
Cheeseburger  
Fresh Celery Sticks  
Fresh Apple Slices  
Milk

**17** **Spring Break No School for Students**

**18** **Spring Break No School for Students**

**21** **Spring Break No School for Students**

**22** **Earth Day!**  
Pizza Crunchers w/ Dipping Sauce  
Corn Dog  
All-American Cobb Salad w/ Croutons & Dinner Roll  
Crinkle Cut French Fries  
Fresh Broccoli & Spinach Salad  
Diced Peaches & Fresh Orange

**23** Chicken Patty Sandwich  
Grilled Cheese Sandwich  
Turkey & Cheese Sandwich  
Vegetarian Baked Beans  
Fresh Cucumber Slices  
Fresh Garden Salad  
Diced Pears & Fresh Apple Slices

**24** Nacho Cheese Walking Taco  
Cheese Quesadilla  
All-American Cobb Salad w/ Croutons & Dinner Roll  
Steamed Corn  
Fresh Celery Sticks  
Fresh Spinach Salad  
Pineapple Chunks & Fresh Banana

**25** Cheese Pizza  
Italian Meatball Sub  
Turkey & Cheese Sandwich  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Garden Salad  
Applesauce & 100% Orange Juice

**28** Salisbury Steak w/ Breadstick  
Chicken Patty Sandwich  
Build-Your-Own Nacho Pack  
Parsley Mashed Potatoes w/ or w/o Gravy  
Fresh Broccoli  
Fresh Garden Salad  
Mixed Fruit & 100% Apple Juice

**29** Buffalo Chicken Dip w/ Tortilla Chips **New Item!**  
Hot Dog  
Popcorn Chicken Salad w/ Croutons & Dinner Roll  
Steamed Corn  
Fresh Tomato Wedges  
Fresh Spinach Salad  
Diced Peaches & Fresh Orange

**30** French Toast Sticks w/ Chicken Sausage Patty  
Grilled Cheese Sandwich  
Build-Your-Own Nacho Pack  
Emoji Fries  
Fresh Cucumber Slices  
Fresh Garden Salad  
Diced Pears & Fresh Apple Slices



**Now Hiring!!**  
Food Service is Hiring!  
**Work While Kids are in School**  
Apply online @  
[https://careers.aramark.com/job?req\\_id=550036](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.**