

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



# MAY 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



ACE'S CORNER

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Mini Blueberry Pancakes Mixed Berry Applesauce Cup Grab & Go Fruit Milk	1 Scooby Doo Cinna Grahams Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Chocolate Chip Breakfast Round Fresh Apple Grab & Go Fruit Milk	Maple Mini Pancakes Fresh Pear Grab & Go Fruit Milk	Strawberry Nutrigrain Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese Breakfast Sandwich Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Fudge Poptart Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Blueberry Breakfast Bread Fresh Apple Grab & Go Fruit Milk	Cinnamon Toast Crunch French Toast Fresh Pear Grab & Go Fruit Milk	Golden Graham Cereal Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Cinnamon Sugar Donut Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Bug Bites Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Oatmeal Chocolate Chip Benefit Bar Fresh Apple Grab & Go Fruit Milk	<b>No School for Students Professional Development Day</b>	Blueberry Nutrigrain Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese Breakfast Sandwich Mixed Berry Applesauce Cup Grab & Go Fruit Milk	<b>Memorial Day Weekend No School</b>
<b>Memorial Day Weekend No School</b>	CinniMini Fresh Pear Grab & Go Fruit Milk	Strawberry Poptart Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Mini Blueberry Waffles Mixed Berry Applesauce Cup Grab & Go Fruit Milk	Cocoa Puff Cereal Bowl Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk

# BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

## DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



**BLUE POTATOES:** Loaded with protein, fiber, & copper  
Peak Season: Aug.-Sep.

**BLUE TOMATOES:** Hearty dose of anthocyanins, lycopene, & vitamin C  
Peak Season: Jul.-Sep.



**BLUE CORN:**  
Bursting with anthocyanin & protein  
Peak Season: Oct. - Nov.

## CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME

WATERMELON + CUCUMBER + MINT



## ACE'S RECIPE OF THE MONTH:

### BERRY YUMMY FRUIT SALAD\*

Serves 6



#### INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

#### PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



\*DO NOT attempt to cut or chop without adult supervision.