

MAY 2025 NATIVITY 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.



ACE'S CORNER

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

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

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
			<p>Chicken & Vegetable Dumpling w/ Vegetable Egg Roll Popcorn Chicken Salad w/ Dinner Roll & Croutons Steamed Carrots Fresh Celery Sticks & Spinach Salad Pineapple Chunks & Fresh Banana</p>	<p>School Lunch Hero Day! Cheese Pizza Build-Your-Own Nacho Pack Campfire Beans Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice Carnival Cookie</p>
<p>Mini Chicken Corn Dogs Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers Vegetarian Baked Beans Fresh Celery Sticks Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p>	<p>Walking Taco Tuesday! Nacho Cheese Walking Taco Egg Chef Salad w/ Croutons & Dinner Roll Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Diced Peaches & Fresh Orange</p>	<p>Popcorn Chicken w/ Biscuit 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</p>	<p>Broccoli Cheddar Baked Potato w/ Goldfish Egg Chef Salad w/ Croutons & Dinner Roll Steamed Broccoli Cucumber Slices & Spinach Salad Pineapple Chunks & Fresh Banana</p>	<p>Cheese Pizza Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers Steamed Carrots Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice</p>
<p>Corn Dog Ham & Cheese Sandwich Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit & 100% Apple Juice</p>	<p>Bosco Sticks w/ Dipping Sauce Italian Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches & Fresh Orange</p>	<p>Pancake Bites w/ Cheesy Scrambled Eggs Ham & Cheese Sandwich Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices</p>	<p>Chicken Tenders w/ Breadstick Italian Salad w/ Croutons & Dinner Roll Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p>	<p>Cheese Pizza Ham & Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice</p>
<p>Veggie Monday! Popcorn Chicken w/ Heartzels Strawberry & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers Campfire Beans Fresh Baby Carrots & Garden Salad Mixed Fruit & 100% Apple Juice</p>	<p>Chicken Patty Sandwich w/ Signature "Scranton" Sauce Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Steamed Carrots Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange</p>	<p>Patty Melt Strawberry & Yogurt Parfait w/ Cheese Stick, Heartzels, & Cheez-It Crackers Steamed Broccoli Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices</p>	<p>Eggoji Waffles w/ Turkey Sausage Links Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Waffle Fries Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p>	<p>Memorial Day Weekend No School</p>
<p>Memorial Day Weekend No School</p>	<p>Chicken Patty Sandwich All-American Cobb Salad w/ Croutons & Dinner Roll Crinkle Cut French Fries Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange</p>	<p>National Hamburger Day! Cheeseburger Turkey & Cheese Sandwich Vegetarian Baked Beans Fresh Cucumber Slices Fresh Garden Salad Diced Pears & Fresh Apple Slices</p>	<p>Nacho Cheese Walking Taco All-American Cobb Salad w/ Croutons & Dinner Roll Steamed Corn Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks & Fresh Banana</p>	<p>Cheese Pizza Turkey & Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce & 100% Orange Juice</p>

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.