

# MAY 2026 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.

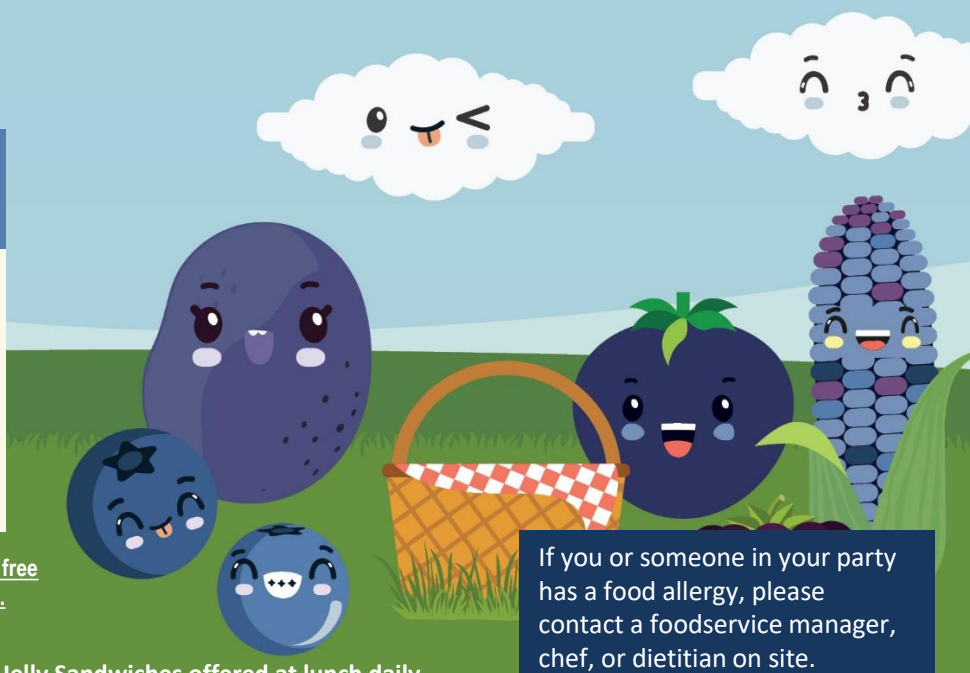


ACE'S CORNER

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><b>Now Hiring!!</b> Food Service is Hiring! <i>Work While Kids are in School</i> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>	<p><b>Grab A Slice</b> <i>Pizza is the guest of honor on Pizza Party Day.</i></p>	<p><b>Sweet &amp; Smokey</b> <i>Look for our featured BBQ Day menu.</i></p>	<p><b>School Lunch Heros</b> <i>Celebrate the people who make lunch great!</i></p>	<p><b>Celebrate School Lunch Hero Day!</b> Cheese Pizza Italian Meatball Sub Turkey &amp; Cheese Sandwich Spiral Fries Fresh Baby Carrots Fresh Garden Salad Applesauce &amp; 100% Orange Juice</p>
<p>Breaded Mozzarella Pizza Crunchers Chicken Patty Sandwich Make-Your-Own Pizza Bagel Steamed Peas Fresh Broccoli Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice</p>	<p>Chicken Soft Tacos Hot Dog Popcorn Chicken Salad w/ Croutons &amp; Dinner Roll Steamed Corn Fresh Tomato Wedges Fresh Spinach Salad Diced Peaches Fresh Orange</p>	<p>French Toast Sticks w/ Chicken Sausage Patty Grilled Cheese Sandwich Make-Your-Own Pizza Bagel Smile Fries Fresh Cucumber Slices Fresh Garden Salad Diced Pears Fresh Apple Slices</p>	<p>Chicken &amp; Vegetable Dumpling w/ Vegetable Egg Roll Cheeseburger Popcorn Chicken Salad w/ Croutons &amp; Dinner Roll Steamed Carrots Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks &amp; Fresh Banana</p>	<p><b>Pizza Party Day!</b> Cheese Pizza Breaded Fish Sandwich Make-Your-Own Pizza Bagel Pinto Campfire Beans Fresh Baby Carrots Garden Salad Applesauce 100% Orange Juice</p>
<p>Chicken Tenders Cheeseburger Peach &amp; Yogurt Parfait w/ Cheese Stick, Heartzels, &amp; Goldfish Vegetarian Baked Beans Fresh Celery Sticks Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice</p>	<p>Beef Nachos Chicken Patty Sandwich Egg Chef Salad w/ Croutons &amp; Dinner Roll Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Fresh Peaches Fresh Orange</p>	<p>Popcorn Chicken w/ Biscuit Hot Dog Peach &amp; Yogurt Parfait w/ Cheese Stick, Heartzels, &amp; Goldfish Mashed Potatoes w/ Gravy Fresh Tomato Wedges Fresh Garden Salad Diced Pears Fresh Apple Slices</p>	<p>Chicken Nuggets w/ Goldfish Macaroni &amp; Cheese w/ Goldfish Egg Chef Salad w/ Croutons &amp; Dinner Roll Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Pineapple Chunks &amp; Fresh Banana</p>	<p><b>BBQ Day!</b> Cheese Pizza <b>BBQ Pork Riblet Sandwich</b> Peach &amp; Yogurt Parfait w/ Cheese Stick, Heartzels, &amp; Goldfish Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce &amp; 100% Orange Juice</p>
<p>Beef Soft Tacos Hot Dog Ham &amp; Cheese Sandwich Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice</p>	<p><b>Professional Development Day</b> <b>No School for Students</b></p>	<p>Maple Mini Pancakes Colby Cheese Omelet Chicken Patty Sandwich Ham &amp; Cheese Sandwich Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices</p>	<p>Popcorn Chicken w/ Biscuit Hot Dog Italian Salad w/ Croutons &amp; Dinner Roll Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Pineapple Chunks &amp; Fresh Banana</p>	<p>Cheese Pizza Sloppy Joe Sandwich Ham &amp; Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice</p>
<p><b>Memorial Day Weekend</b> <b>No School</b></p>	<p>Chicken Patty Sandwich w/ Signature "Scranton Sauce" Mini Pierogies w/ Cheese Stick Breaded Chicken Caesar Salad w/ Croutons &amp; Dinner Roll Steamed Carrots Fresh Broccoli Fresh Spinach Salad Diced Peaches &amp; Fresh Orange</p>	<p>Rotini Pasta w/ Meat or Plain Sauce Chicken Nuggets w/ Goldfish Strawberry &amp; Yogurt Parfait w/ Cheese Stick, Heartzels, &amp; Goldfish Steamed Broccoli Fresh Celery Sticks Fresh Garden Salad Diced Pears &amp; Fresh Apple Slices</p>	<p>Eggoji Waffles w/ Turkey Sausage Links Hot Dog Breaded Chicken Caesar Salad w/ Croutons &amp; Dinner Roll Waffle Fries Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks &amp; Fresh Banana</p>	<p>Cheese Pizza BBQ Pork Riblet Sandwich Strawberry &amp; Yogurt Parfait w/ Cheese Stick, Heartzels, &amp; Goldfish Mashed Potatoes w/ Gravy Fresh Cucumber Slices Fresh Garden Salad Applesauce &amp; 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:

- Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
- In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
- Pour the honey mixture over the berries and toss gently to coat.
- 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.