

# MAY 2026 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 ½ 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

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



ACE'S CORNER



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>Game On!</b></p> <p>Grab some fuel for Physical Fitness &amp; Sports Month.</p>	<p><b>Physical Fitness &amp; Sports Month!</b></p>		<p>Cinnamon Toast Crunch 1 Cereal Bar Cheese Stick Fresh Apple Slices Grab &amp; Go Fruit Milk</p>
<p>Bagel w/ Cream Cheese 4 Fresh Apple Grab &amp; Go Fruit Milk</p>	<p>Trix French Toast 5 Fresh Pear Grab &amp; Go Fruit Milk</p>	<p>Cocoa Puff Cereal Bar 6 Strawberry Banana Yogurt Craisins Grab &amp; Go Fruit Milk</p>	<p>Apple Frudel 7 Strawberry Applesauce Cup Grab &amp; Go Fruit Milk</p>	<p>Scooby Doo Cinna 8 Grahams Cheese Stick Fresh Apple Slices Grab &amp; Go Fruit Milk</p>
<p>French Toast Crackers 11 Fresh Apple Grab &amp; Go Fruit Milk</p>	<p>Egg &amp; Cheese Pancake 12 Melt Fresh Pear Grab &amp; Go Fruit Milk</p>	<p>Strawberry Nutrigrain 13 Bar Strawberry Banana Yogurt Craisins Grab &amp; Go Fruit Milk</p>	<p>Maple Mini Pancakes 14 Strawberry Applesauce Cup Grab &amp; Go Fruit Milk</p>	<p>Fudge Poptart 15 Cheese Stick Fresh Apple Slices Grab &amp; Go Fruit Milk</p>
<p>Blueberry Breakfast Bread 18 Fresh Apple Grab &amp; Go Fruit Milk</p>	<p>19 <b>Professional Development Day</b> <b>No School</b></p>	<p>Trix Cereal Bar 20 Strawberry Banana Yogurt Craisins Grab &amp; Go Fruit Milk</p>	<p>Cinnamon Sugar Donut 21 Strawberry Applesauce Cup Grab &amp; Go Fruit Milk</p>	<p>Bug Bite Cinna-Grahams 22 Cheese Stick Fresh Apple Slices Grab &amp; Go Fruit Milk</p>
<p>25 <b>Memorial Day Weekend</b> <b>No School</b></p>	<p>Mini Confetti Pancakes 26 Fresh Pear Grab &amp; Go Fruit Milk</p>	<p>Blueberry Nutrigrain Bar 27 Strawberry Banana Yogurt Craisins Grab &amp; Go Fruit Milk</p>	<p>Egg &amp; Cheese Bagel Sandwich 28 Strawberry Applesauce Cup Grab &amp; Go Fruit Milk</p>	<p>Banana Muffin 29 Cheese Stick Fresh Apple Slices Grab &amp; Go Fruit Milk</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

This institution is an equal opportunity provider.



## 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.