

MAY 2026 HEAD START BREAKFAST

Milk choices include 1% white milk or Skim Milk

All breakfast meals must include:

Entrée
Fruit
Milk

ACE'S CORNER

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. This institution is an equal opportunity provider

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>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com</p>				<p>WG Double Chocolate Chip Muffin 1 100% Apple Juice Milk</p>
<p>WG Banana Breakfast Bread 4 Fresh Apple Slices Milk</p>	<p>Trix French Toast 5 Mixed Berry Applesauce Cup Milk</p>	<p>WG Blueberry Muffin 6 Strawberry Banana Yogurt Fresh Orange Wedges Milk</p>	<p>WG Mini Blueberry Pancakes 7 Diced Peaches Milk</p>	<p>WG Cheerios 8 Cereal Bowl 100% Apple Juice Milk</p>
<p>WG Mini Strawberry Creamy Cheese Bagel 11 Fresh Apple Slices Milk</p>	<p>Egg & Cheese WG Pancake Melt 12 Mixed Berry Applesauce Cup Milk</p>	<p>WG Corn Chex Cereal Bowl 13 Hard Boiled Egg Fresh Orange Wedges Milk</p>	<p>WG Maple Mini Pancakes 14 Diced Peaches Milk</p>	<p>WG Apple Cinnamon Muffin 15 100% Apple Juice Milk</p>
<p>WG Blueberry Breakfast Bread 18 Fresh Apple Slices Milk</p>	<p>Professional Development Day No School for Students 19</p>	<p>WG Blueberry Muffin 20 Strawberry Banana Yogurt Fresh Orange Wedges Milk</p>	<p>WG Breakfast Sausage, Egg, & Cheese Bagel 21 Diced Peaches Milk</p>	<p>WG Rice Chex Cereal Bowl 22 100% Apple Juice Milk</p>
<p>Memorial Day Weekend No School 25</p>	<p>WG Mini Confetti Pancakes 26 Mixed Berry Applesauce Cup Milk</p>	<p>WG Cheerios Cereal Bowl 27 Strawberry Banana Yogurt Fresh Orange Wedges Milk</p>	<p>Egg & Cheese Melt on WG Bun 28 Diced Peaches Milk</p>	<p>WG Banana Muffin 29 100% Apple Juice 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



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.