

# MAY 2026 HEAD START LUNCH

Milk choices include 1% white milk or Skim Milk

All lunch meals must include  
**Meat/Meat Alternate**  
**Grain**  
**Fruit**  
**Vegetable**  
**Fluid Milk**

ACE'S CORNER

All students are eligible for universal free lunch 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><b>Now Hiring!!</b>                      Food Service is Hiring!  <i>Work While Kids are in School</i>                      Great Benefits                      Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>				WG Cheese Pizza <b>1</b> Steamed Broccoli Applesauce Milk
Breaded Mozzarella Pizza <b>4</b> Crunchers w/ Sauce Steamed Peas Mixed Fruit Cup Milk	Chicken Soft Tacos <b>5</b> on WG Tortillas Steamed Corn Fresh Orange Wedges Milk	WG French Toast Sticks <b>6</b> w/ Scrambled Eggs Smile Fries Diced Pears Milk	WG Grilled Cheese <b>7</b> Steamed Carrots Strawberries Milk	WG Cheese Pizza <b>8</b> Pinto Campfire Beans Applesauce Milk
Cheeseburger on WG Bun <b>11</b> Vegetarian Baked Beans Mixed Fruit Cup Milk	Beef Nachos w/ WG <b>12</b> Tortilla Chips Steamed Corn Fresh Orange Wedges Milk	WG Popcorn Chicken <b>13</b> Mashed Potatoes w/ Gravy Diced Pears Milk	WG Macaroni & Cheese <b>14</b> w/ WG Goldfish Crackers Steamed Carrots Strawberries Milk	WG Cheese Pizza <b>15</b> Steamed Green Beans Applesauce Milk
Beef Soft Tacos <b>18</b> On WG Tortillas Kickin' Pinto Beans Mixed Fruit Cup Milk	<p><b>Professional Development Day</b>  <b>No School for Students</b></p>	WG Maple Mini Pancakes <b>20</b> w/ Scrambled Eggs Tater Tots Fresh Apple Slices Milk	WG Chicken Tenders <b>21</b> Steamed Green Beans Strawberries Milk	WG Cheese Pizza <b>22</b> Steamed Broccoli Applesauce Milk
<p><b>Memorial Day Weekend No School</b></p>	WG Mini Pierogies <b>26</b> w/ Cheese Stick Steamed Carrots Fresh Orange Wedges Milk	WG Rotini Pasta <b>27</b> w/ Meat Sauce Steamed Broccoli Diced Pears Milk	WG Eggoji Waffles <b>28</b> w/ Scrambled Eggs Waffle Fries Strawberries Milk	WG Cheese Pizza <b>29</b> Mashed Potatoes w/ Gravy Applesauce Cup 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.