

JUNE 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	
WG Fish Sticks w/ WG Yellow Rice Steamed Peas Mixed Fruit Cup Milk	1	WG Chicken Tenders Crinkle Cut Fries Diced Peaches Milk	2	WG Nacho Cheese Walking Taco Steamed Corn Fresh Apple Slices Milk	3	Cheeseburger on WG Bun Kickin' Pinto Beans Strawberries Milk	4	Early Dismissal Bagged Lunch WG Galaxy Pizza Applesauce Cup Fresh Cucumber Slices Milk	6
Early Dismissal Bagged Lunch WG Chicken Patty Sandwich Fresh Apple Slices Fresh Green Pepper Strips Milk	8	Last Day of School!		9					



EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:



RAINBOW FLATBREAD PIZZA*

INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!

***DO NOT attempt to chop or cook without adult supervision.**