

OCTOBER 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
Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com			Apple Frudel 1 Strawberry Applesauce Cup Grab & Go Fruit Milk	Scooby Doo Cinnamon 2 Grahams Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Mini Strawberry Creamy 5 Cheese Bagels Fresh Apple Grab & Go Fruit Milk	Trix French Toast 6 Fresh Pear Grab & Go Fruit Milk	Blueberry Nutrigrain Bar 7 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Maple Mini Pancakes 8 Strawberry Applesauce Cup Grab & Go Fruit Milk	Professional Development Day No School for Students
Columbus Day District Closed 12	Wild Blueberry 13 Snack'n Waffles Fresh Pear Grab & Go Fruit Milk	Bug Bites 14 Cinna Grahams Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Mini Strawberry 15 Pancake Puffs Strawberry Applesauce Cup Grab & Go Fruit Milk	Strawberry Nutrigrain 16 Bar Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Oatmeal Chocolate Chip 19 Benefit Bar Fresh Apple Grab & Go Fruit Milk	Cinnamon Toast Crunch 20 French Toast Fresh Pear Grab & Go Fruit Milk	Cocoa Puffs Cereal Bar 21 Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Egg & Cheese Bagel 22 Sandwich Strawberry Applesauce Cup Grab & Go Fruit Milk	Lucky Charms 23 Cereal Bowl Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
Blueberry Breakfast 26 Bread Fresh Apple Grab & Go Fruit Milk	Mini Cinnamon Rolls 27 Fresh Pear Grab & Go Fruit Milk	Giant Cinnamon 28 Goldfish Graham Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Maple Mini 29 Pancake Puffs Strawberry Applesauce Cup Grab & Go Fruit Milk	Frosted Strawberry 30 Poptart Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk

HOW ‘BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA	GOLDEN DELICIOUS	GRANNY SMITH	MCINTOSH	RED DELICIOUS
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SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____

‘TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!