

OCTOBER 2026 ELEMENTARY LUNCH

Milk choices include 1% white milk or fat-free flavored milk

Five food components are offered at lunch daily: **Meat/Meat Alternate**, **Grain**, **Fruit**, **Vegetable**, and **Milk**. To make a meal, students must select foods from at least 3 components in the required serving sizes. At least one item must be ½ c fruit or ½ c vegetable.



ACE'S CORNER

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

Cheese, PB&J, and/or Sun Butter & Jelly Sandwiches offered at lunch daily

If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.

October is Eat Better, Eat Together Month!

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	Share a Taste Celebrate at ACE's Corner, Eat Together Month!	World Vegetarian Day Try a variety of flavors! Pruebe los sabores del vegetarianismo	World Vegetarian Day! 1 Turkey Barbacoa Soft Tacos Grilled Cheese Sandwich Egg Chef Salad w/ Croutons & Dinner Roll Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks & Fresh Banana	2 Cheese Pizza Italian Meatball Sub Ham & Cheese Sandwich Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Cheese Stuffed Bosco Breadsticks w/ Sauce Cheeseburger Peach & Yogurt Parfait w/ Cheese Stick, Cheez-It Crackers, & Goldfish Crinkle Cut French Fries Fresh Celery Sticks Fresh Garden Salad Mixed Fruit Cup & 100% Apple Juice 5	Beef Nachos w/ Tortilla Scoops Bean & Cheese Burrito Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll Mexican Style Street Corn Fresh Tomato Wedges Fresh Spinach Salad Diced Peaches Fresh Orange 6	Popcorn Chicken w/ Goldfish Ham & Cheese Melt on Pretzel Roll Peach & Yogurt Parfait w/ Cheese Stick, Cheez-It Crackers, & Goldfish Mashed Potatoes w/ Gravy Fresh Broccoli Fresh Garden Salad Diced Pears Fresh Apple Slices 7	Mac & Cheese w/ Breadstick Chicken Nuggets w/ Breadstick Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll Tater Tots Fresh Cucumber Slices Fresh Spinach Salad Pineapple Chunks Fresh Banana 8	9 Professional Development Day No School for Students
CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK OCT 12th-16th 2026 12	Mini Pierogies w/ Cheese Stick BBQ Pork Riblet Sandwich Baja Salad w/ Croutons & Dinner Roll Steamed Green Beans Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches Fresh Orange 13	Mini Maple Pancakes Colby Cheese Omelet Chicken Patty Sandwich Turkey & Cheese Sub Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices 14	Popcorn Chicken w/ Mini Biscuits Hot Dog Baja Salad w/ Croutons & Dinner Roll Spiral Fries Fresh Broccoli Fresh Spinach Salad Pineapple Chunks Fresh Banana 15	16 Cheese Pizza Buffalo Chicken Dip w/ Tortilla Scoops Turkey & Cheese Sub Steamed Corn Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Chili Orange Glazed Popcorn Chicken w/ Rice Grilled Cheese Sandwich Blueberry & Yogurt Parfait w/ Cheese Stick, Cheez-Its, & Goldfish Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Mixed Fruit Cup & 100% Apple Juice 19	Chicken Patty Sandwich w/ Signature "Scranton Sauce" Cheese Pizzadilla Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Campfire Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange 20	Rotini Pasta & Meat Sauce w/ Breadstick Chicken Nuggets w/ Breadstick Blueberry & Yogurt Parfait w/ Cheese Stick, Cheez-Its, & Goldfish Steamed Green Beans Fresh Celery Sticks Fresh Garden Salad Diced Pears & Fresh Apple Slices 21	Waffles w/ Turkey Sausage Links Mini Chicken Corn Dogs Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Smile Fries Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks Fresh Banana 22	23 Cheese Pizza Sloppy Joe Sandwich Blueberry & Yogurt Parfait w/ Cheese Stick, Cheez-Its, & Goldfish Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Applesauce 100% Orange Juice
Breaded Fish Bites w/ Buffalo Cheez-It Crackers Chicken Nuggets w/ Buffalo Cheez-It MYO Pepperoni & Mozzarella Flatbread Pizza Crinkle Cut Fries Fresh Green Pepper Strips Fresh Garden Salad Mixed Fruit Cup & 100% Apple Juice 26	Chicken Tenders w/ Pretzel Rod Corn Dog Beef Taco Salad w/ Croutons & Dinner Roll Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange 27	Nacho Cheese Dorito Walking Taco Cheese Quesadilla MYO Pepperoni & Mozzarella Flatbread Pizza Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Diced Pears & Fresh Apple Slices 28	Cheese Stuffed Bosco Breadsticks w/ Dipping Sauce Cheeseburger Beef Taco Salad w/ Croutons & Dinner Roll Waffle Fries Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks & Fresh Banana 29	30 Cheese Pizza BBQ Pork Riblet Sandwich MYO Pepperoni & Mozzarella Flatbread Pizza Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice

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!