

OCTOBER 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
Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com			Grilled Cheese Sandwich 1 Steamed Green Beans Strawberries Milk	Cheese Pizza 2 Steamed Broccoli Applesauce Milk
Cheese Stuffed Bosco 5 Breadsticks w/ Sauce Crinkle Cut Fries Diced Peaches Milk	Cheeseburger 6 Steamed Carrots Fresh Orange Wedges Milk	Popcorn Chicken 7 Mashed Potatoes w/ Gravy Fresh Apple Slices Milk	Mac & Cheese 8 w/ Breadstick Tater Tots Strawberries Milk	9 Professional Development Day No School for Students
12 Columbus Day District Closed	13 Mini Pierogies Steamed Green Beans Fresh Orange Wedges Milk	14 Maple Mini Pancakes Colby Cheese Omelet Tater Tots Fresh Apple Slices Milk	15 Popcorn Chicken w/ Mini Biscuit Spiral Fries Strawberries Milk	16 Cheese Pizza Steamed Carrots Applesauce Milk
19 Grilled Cheese Sandwich Steamed Broccoli Diced Peaches Milk	20 Cheese Pizzadilla Campfire Beans Fresh Orange Wedges Milk	21 Chicken Nuggets w/ Breadstick Steamed Green Beans Fresh Apple Slices Milk	22 Waffle w/ Scrambled Eggs Smile Fries Strawberries Milk	23 Cheese Pizza Steamed Carrots Applesauce Milk
26 Breaded Fish Bites Crinkle Cut Fries Diced Peaches Milk	27 Chicken Tenders w/ Baked Pretzel Rod Steamed Green Beans Fresh Orange Wedges Milk	28 Cheese Quesadilla Kickin' Pinto Beans Fresh Apple Slices Milk	29 Cheeseburger Waffle Fries Strawberries Milk	30 Cheese Pizza Steamed Carrots Applesauce 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!