

OCTOBER 2026 MONTICELLO EAST 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.

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	Share a Taste Children do Eat Better, Eat Together Monthly	October is Eat Better, Eat Together Month!	Grilled Cheese Sandwich 1 Fresh Broccoli 100% Orange Juice Milk	Cheese Pizza 2 Garbanzo Beans Applesauce Cup Milk
Cheeseburger 5 Fresh Celery Sticks 100% Apple Juice Milk	Bosco Sticks 6 w/ Dipping Sauce Fresh Baby Carrots Fresh Orange Wedges Milk	Popcorn Chicken 7 w/ Goldfish Crackers Seasoned Potato Wedges Fresh Apple Slices Milk	Mac & Cheese 8 w/ Breadstick Fresh Broccoli 100% Orange Juice Milk	Professional Development Day No School for Students 9
Columbus Day District Closed 12	BBQ Pork Ribet Sandwich 13 Corn Salad Fresh Orange Wedges Milk	Maple Mini Pancakes 14 Cheese Stick Fresh Baby Carrots Fresh Apple Slices Milk	Popcorn Chicken 15 w/ Goldfish Crackers Fresh Cucumber Slices 100% Orange Juice Milk	Cheese Pizza 16 Garbanzo Beans Applesauce Cup Milk
Grilled Cheese Sandwich 19 Fresh Celery Sticks 100% Apple Juice Milk	Chicken Patty Sandwich 20 Fresh Broccoli Fresh Orange Wedges Milk	Chicken Nuggets 21 w/ Cheez-It Crackers Seasoned Potato Wedges Fresh Apple Slices Milk	Mini Chicken Corn Dogs 22 Fresh Baby Carrots 100% Orange Juice Milk	Cheese Pizza 23 Three Bean Salad Applesauce Cup Milk
Chicken Nuggets 26 w/ Buffalo Cheez-It Crackers Fresh Cucumber Slices 100% Apple Juice Milk	Corn Dog 27 Fresh Baby Carrots Fresh Orange Wedges Milk	Cheeseburger 28 Smile Fries Fresh Apple Slices Milk	Cheese Stuffed Bosco 29 Breadsticks Fresh Broccoli 100% Orange Juice Milk	Cheese Pizza 30 Garbanzo Beans Applesauce Cup 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!