

NOVEMBER 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
2 Eggo French Toast Crackers Fresh Apple Grab & Go Fruit Milk	3 ELECTION DAY	4 Animal Crackers Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	5 Apple Frudel Strawberry Applesauce Cup Grab & Go Fruit Milk	6 Scooby Doo Cinnamon Grahams Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
9 Mini Strawberry Creamy Cheese Bagel Fresh Apple Grab & Go Fruit Milk	10 Trix French Toast Fresh Pear Grab & Go Fruit Milk	VETERANS DAY HONORING ALL WHO SERVED	12 Maple Mini Pancakes Strawberry Applesauce Cup Grab & Go Fruit Milk	13 Honey Cheerios Cereal Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
16 Chocolate Filled Crescent Fresh Apple Grab & Go Fruit Milk	17 Wild Blueberry Snack'n Waffles Fresh Pear Grab & Go Fruit Milk	18 Bug Bites Cinna Grahams Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	19 Donut Strawberry Applesauce Cup Grab & Go Fruit Milk	20 Strawberry Nutrigrain Bar Cheese Stick Fresh Apple Slices Grab & Go Fruit Milk
23 Oatmeal Chocolate Chip Benefit Bar Fresh Apple Grab & Go Fruit Milk	24 Cinnamon Toast Crunch French Toast Fresh Pear Grab & Go Fruit Milk	25 Cocoa Puffs Cereal Bar Strawberry Banana Yogurt Craisins Grab & Go Fruit Milk	Give Thanks	
30 NO SCHOOL				Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com

TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber, & vitamins C & A
Peak Season: May-September



PUMPKINS: Loaded with fiber, protein, & vitamins K & C
Peak Season: September-November



CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.



ACE'S RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4



INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey

PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



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