

NOVEMBER 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.



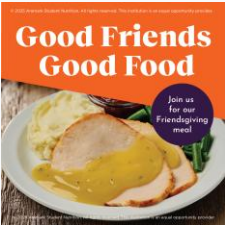
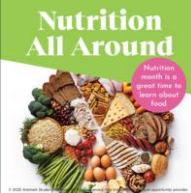
ACE'S CORNER

Cheese & Sun Butter & Jelly Sandwiches offered at lunch daily

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
Breaded Mozzarella Pizza 2 Crunchers w/ Sauce Hot Dog Ham & Cheese Sandwich Baked Beans Fresh Broccoli Fresh Garden Salad Mixed Fruit Cup 100% Apple	 3	Chicken & Vegetable Dumpling 4 Fried Rice w/ Vegetables (w/ egg) Mini Chicken Corn Dogs Ham & Cheese Sandwich Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Diced Pears Fresh Apple Slices	Turkey Barbacoa Soft Tacos 5 Grilled Cheese Sandwich Egg Chef Salad w/ Croutons & Dinner Roll Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks & Fresh Orange	Pizza Party! 6 Cheese Pizza Italian Meatball Sub Ham & Cheese Sandwich Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Parfait Day! Bosco Sticks 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	 Early Dismissal Bagged Lunch 10 Chicken Patty Sandwich Fresh Baby Carrots Fresh Apple Milk	 VETERANS DAY HONORING ALL WHO SERVED	Early Dismissal Bagged Lunch 12 Grilled Cheese Sandwich Fresh Celery Sticks Fresh Apple Slices Milk	Cheese Pizza 13 Breaded Fish Sandwich Peach & Yogurt Parfait w/ Cheese Stick, Cheez-It Crackers, & Goldfish Campfire Beans Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Soft Beef Tacos 16 Corn Dog Turkey & Cheese Sub Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice	Mini Pierogies w/ Cheese Stick 17 BBQ Pork Riblet Sandwich Baja Salad w/ Croutons & Dinner Roll Steamed Green Beans Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches Fresh Orange	Mini Maple Pancakes 18 Scrambled Eggs Chicken Patty Sandwich Turkey & Cheese Sub Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices	Friendsgiving! Roasted Turkey Slices Biscuit Mashed Potatoes w/ Gravy Seasoned Green Beans Baja Salad w/ Croutons & Roll Fresh Broccoli Fresh Spinach Salad Pineapple Chunks & Fresh Orange	 Cheese Pizza 20 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 23 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	Chicken Patty Sandwich w/ Signature "Scranton Sauce" 24 Cheese Pizzadilla Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Campfire Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange	Early Dismissal Bagged Lunch 25 Galaxy Pizza Fresh Baby Carrots Fresh Apple Slices Milk	 Give Thanks	
 NO SCHOOL 30	 PIZZA PARTY	 Good Friends Good Food	 Nutrition All Around	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

Good Nutrition Month

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.**