

NOVEMBER 2026 NATIVITY 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.



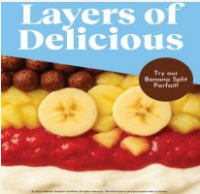
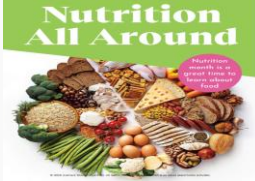
ACE'S CORNER

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

Cheese & 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dog Ham & Cheese Sandwich Baked Beans Fresh Broccoli Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice	French Toast Sticks w/ Chicken Sausage Patty Egg Chef Salad w/ Croutons & Dinner Roll Tater Tots Fresh Celery Sticks Fresh Spinach Salad Diced Peaches & Fresh Orange	Chicken & Vegetable Dumpling Rice w/ Vegetables (w/ egg) Ham & Cheese Sandwich Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Diced Pears Fresh Apple Slices	Grilled Cheese Sandwich Egg Chef Salad w/ Croutons & Dinner Roll Steamed Corn Green Pepper Strips Fresh Spinach Salad Pineapple Chunks Fresh Orange	Pizza Party! Cheese Pizza Ham & Cheese Sandwich Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Parfait Day! 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	Beef Nachos w/ Tortilla Scoops Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll Mexican Style Street Corn Fresh Tomato Wedges Fresh Spinach Salad Diced Peaches & Fresh Orange		Mac & Cheese w/ Breadstick Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll Tater Tots Fresh Cucumber Slices Fresh Spinach Salad Pineapple Chunks Fresh Orange	Cheese Pizza 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 Turkey & Cheese Sub Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice	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 Scrambled Eggs Turkey & Cheese Sub Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices	Friendsgiving! Roasted Turkey Mashed Potatoes w/ gravy Biscuit Seasoned Green Beans Baja Salad w/ Croutons & Roll Fresh Broccoli Spinach Side Salad Pineapple Chunks & Fresh Orange	Cheese Pizza Turkey & Cheese Sub Steamed Corn Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice
Chili Orange Glazed Popcorn Chicken w/ Rice Blueberry & Yogurt Parfait w/ Cheese Stick, Cheez-Its, & Goldfish Steamed Broccoli Baby Carrots Fresh Garden Salad Mixed Fruit Cup & Apple Juice	Chicken Patty Sandwich w/ Signature "Scranton Sauce" Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll Campfire Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches & Fresh Orange	Rotini Pasta w/ Meat Sauce 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		
	 Parfait Day November 9th			 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.**