

NOVEMBER 2026 HEAD START BREAKFAST MENU

Milk choices include 1%
white milk or Skim Milk

All breakfast meals must include:

Entrée
Fruit
Milk



ACE'S CORNER

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Eggo French Toast Crackers 100% Apple Juice Milk	Election Day	4 Cheerios Cereal Bowl Strawberry Banana Yogurt Cup Fresh Orange Wedges Milk	5 Blueberry Mini Waffles Strawberry Applesauce Cup Milk	6 Apple Cinnamon Muffin Fresh Apple Slices Milk
9 Mini Strawberry Creamy Cheese Bagel 100% Apple Juice Milk	10 Trix French Toast Diced Pears Milk	Veterans Day	12 Maple Mini Pancakes Strawberry Applesauce Cup Milk	13 Honey Cheerios Cereal Bowl Fresh Apple Slices Milk
16 Banana Muffin 100% Apple Juice Milk	17 Wild Blueberry Snack'n Waffles Diced Pears Milk	18 Blueberry Chex Strawberry Banana Yogurt Fresh Orange Wedges Milk	19 Mini Strawberry Pancake Puffs Strawberry Applesauce Cup Milk	20 Bug Bite Cinna Grahams Fresh Apple Slices Milk
23 ½ Bagel w/ Cream Cheese 100% Apple Juice Milk	24 Cinnamon Toast Crunch French Toast Diced Pears Milk	25 Scooby Doo Cinna Grahams Hard Boiled Egg Fresh Orange Wedges Milk	Give Thanks	
30 NO SCHOOL				

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.**