

NOVEMBER 2026 HEAD START LUNCH

Milk choices include 1% white milk or fat-free flavored milk

All lunch meals must include
Meat/Meat Alternate

Grain

Fruit

Vegetable

Fluid Milk

No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.



ACE'S CORNER

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Breaded Mozzarella Pizza Crunchers w/ Sauce Baked Beans Diced Peaches 1% White Milk or Fat Free White Milk	 Election Day	4 WG Chicken Patty Sandwich Steamed Carrots Fresh Apple Slices 1% White Milk or Fat Free White Milk	5 WG Grilled Cheese Sandwich Steamed Green Beans Strawberry Cup 1% White Milk or Fat Free White Milk	6 WG Cheese Pizza Steamed Broccoli Applesauce 1% White Milk or Fat Free White Milk
9 WG Cheese Stuffed Breadsticks Marinara Sauce Crinkle Cut Fries Diced Peaches 1% White Milk or Fat Free White Milk	Early Dismissal Bagged Lunch 10 Cheeseburger on a WG Roll Fresh Cucumber Slices Fresh Orange Wedges 1% White Milk or Fat Free White Milk	 Veterans Day	Early Dismissal Bagged Lunch 12 WG Grilled Cheese Sandwich Fresh Cucumber Slices Fresh Apple Slices 1% White Milk or Fat Free White Milk	13 WG Cheese Pizza Campfire Pinto Beans Applesauce 1% White Milk or Fat Free White Milk
16 WG Soft Beef Tacos Kickin' Pinto Beans Diced Peaches 1% White Milk or Fat Free White Milk	17 WG Mini Pierogies Steamed Green Beans Fresh Orange Wedges 1% White Milk or Fat Free White Milk	18 WG Mini Maple Pancakes Scrambled Eggs Syrup Tater Tots Fresh Apple Slices 1% White Milk or Fat Free White Milk	Friendsgiving! 19 Sliced Roasted Turkey WG Biscuit Mashed Potatoes w/ gravy Seasoned Green Beans Strawberry Cup Milk	20 WG Cheese Pizza Steamed Carrots Applesauce 1% White Milk or Fat Free White Milk
23 WG Grilled Cheese Sandwich Steamed Broccoli Diced Peaches 1% White Milk or Fat Free White Milk	24 WG Cheese Pizzadilla Campfire Pinto Beans Fresh Orange Wedges 1% White Milk or Fat Free White Milk	Early Dismissal Bagged Lunch 25 WG Galaxy Pizza Fresh Cucumber Slices Fresh Apple Slices 1% White Milk or Fat Free White 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.**