

NOVEMBER 2026 MONTICELLO EAST 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.

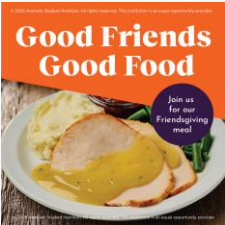
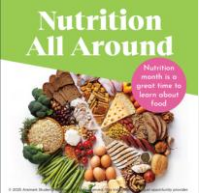


ACE'S CORNER

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

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 Fresh Baby Carrots 100% Apple Juice Milk	 ELECTION DAY	Mini Chicken Corn Dogs 4 Fresh Cucumber Slices Fresh Apple Slices Milk	Grilled Cheese Sandwich 5 Fresh Broccoli 100% Orange Juice Milk	Cheese Pizza 6 Garbanzo Beans Applesauce Cup Milk
Cheeseburger 9 Fresh Celery Sticks 100% Apple Juice Milk	<u>Early Dismissal</u> 10 <u>Bagged Lunch</u> Bosco Sticks w/ Dipping Sauce Fresh Baby Carrots Fresh Orange Wedges Milk	 VETERANS DAY HONORING ALL WHO SERVED	<u>Early Dismissal</u> 12 <u>Bagged Lunch</u> Chicken Patty Sandwich Fresh Broccoli 100% Orange Juice Milk	Cheese Pizza 13 Three-Bean Salad Applesauce Cup Milk
Corn Dog 16 Fresh Broccoli 100% Apple Juice Milk	BBQ Pork Ribet Sandwich 17 Steamed Corn Fresh Orange Wedges Milk	Maple Mini Pancakes 18 Scrambled Eggs Fresh Baby Carrots Fresh Apple Slices Milk	Friendsgiving!  Roasted Turkey Slices Biscuit Mashed Potatoes w/ Gravy Seasoned Green Beans 100% Orange Juice Milk	Cheese Pizza 20 Garbanzo Beans Applesauce Cup Milk
Grilled Cheese Sandwich 23 Fresh Celery Sticks 100% Apple Juice Milk	Chicken Patty Sandwich 24 Fresh Broccoli Fresh Orange Wedges Milk	<u>Early Dismissal</u> 25 <u>Bagged Lunch</u> Galaxy Pizza Fresh Baby Carrots Fresh Apple Slices Milk	 Give Thanks	
 NO SCHOOL 30		 Good Friends Good Food Join us for our Friendsgiving meal	 Nutrition All Around Nutrition Month is all about healthy eating habits!	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.**