

NOVEMBER 2026 MONTICELLO EAST BREAKFAST

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

To make a meal, students must select 3 or 4 items. At least one item must be a ½ c fruit or 4 fl. oz. fruit juice.

Available Daily Grab-&-Go Fruit Options May Include:
Assorted 100% Fruit Juice
Fresh Fruit such as Apples or Pears
Craisins



ACE'S CORNER

All students are eligible for universal free breakfast 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
French Toast Crackers 2 Fresh Apple Milk	ELECTION DAY 3	Animal Crackers 4 Strawberry Banana Yogurt Craisins Fresh Apple Slices Milk	Apple Frudel 5 Strawberry Applesauce Cup 100% Apple Juice Milk	Scooby Doo Cinnamon 6 Grahams Cheese Stick Fresh Apple Slices 100% Orange Juice Milk
Mini Strawberry Creamy 9 Cheese Bagel Fresh Apple Milk	Giant Cinnamon Goldfish 10 Graham Fresh Pear Applesauce Cup Milk	VETERANS DAY 11 HONORING ALL WHO SERVED	Pancake Bites 12 Strawberry Applesauce Cup 100% Apple Juice Milk	Honey Cheerios 13 Cereal Bowl Cheese Stick Fresh Apple Slices 100% Orange Juice Milk
Chocolate Filled 16 Crescent Roll Fresh Apple Milk	Blueberry Poptart 17 Fresh Pear Applesauce Cup Milk	Bug Bites 18 Cinna Grahams Strawberry Banana Yogurt Craisins Fresh Apple Slices Milk	Donut 19 Strawberry Applesauce Cup 100% Apple Juice Milk	Strawberry Nutrigrain 20 Bar Cheese Stick Fresh Apple Slices 100% Orange Juice Milk
Oatmeal Chocolate Chip 23 Benefit Bar Fresh Apple Milk	Pancake Bites 24 Fresh Pear Applesauce Cup Milk	Cocoa Puffs Cereal Bar 25 Strawberry Banana Yogurt Craisins Fresh Apple Slices Milk	Give Thanks	
NO SCHOOL 30			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.**