

MARCH 2024

Offered Daily at Lunch:

B. Cool Kids: Yogurt, String Cheese, Muffin & Cheez-its

C. Chef's Salad w/ Turkey, Muffin & Cheez-its

D. EZ Soy Butter & Jelly Jammer, String cheese & Cheez-its – **NEW!!**

E. Chicken Popper Salad & Graham - **NEW!!**

Breakfast & Lunch are FREE for all students!
Single milk: 0.75 cents



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Crazy Cheesy Bread Carrot Coins	27 NO SCHOOL	28 Walking Taco Corn	29 Chicken Tenders Whole Grain Roll Green Beans	1 Deep Dish Cheese Pizza Broccoli
4 Turkey Frank on a Whole Grain Hot Dog Bun Baked Beans	5 Beef Nachos <i>Ground beef with cheese sauce & tortilla chips</i> Salsa & Black Beans	6 Popcorn Chicken & Orange Sauce w/ Brown Rice Green Beans	7 Mini Confetti Pancakes w/ Turkey Sausage Patty Tater Tots	8 Deep Dish Cheese Pizza Spinach & Romaine Salad
11 Bosco Cheese Sticks w/ Marinara Dipping Sauce Green Beans	12 NO SCHOOL	13 Chicken Nuggets Whole Grain Roll Carrot Coins	14 Cheeseburger on a Whole Grain Bun Corn	15 Deep Dish Cheese Pizza Spinach & Romaine Salad
18 Chicken Corn Dog on a stick Green Beans	19 Beef Soft Tacos Black Beans	20 Chicken Patty Sandwich on a Whole Grain Bun Carrot Coins	21 Mini Blueberry Waffles w/ Turkey Sausage Patty Tater Tots	22 Deep Dish Cheese Pizza Spinach & Romaine Salad
25	26	27	28	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>
SPRING BREAK! NO SCHOOL! ENJOY!				

BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: RASPBERRIES



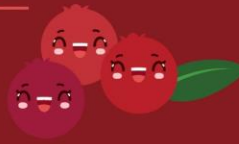
Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



TOMATOES: Tons of antioxidants, vitamin C, & lycopene
Peak Season: May - Oct.

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



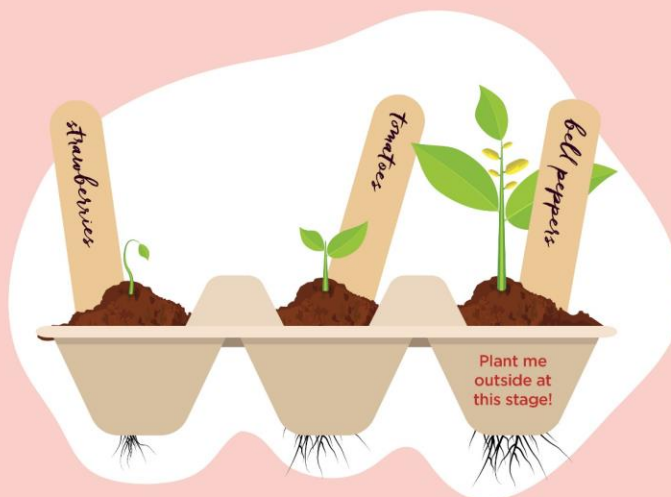
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers.**

MATERIALS: soil, water, an egg carton, popsicle sticks, and seeds

DIRECTIONS: Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



ACE'S RECIPE OF THE MONTH:

BEET APPLESAUCE*

This blushing applesauce can't be beet!



INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

***DO NOT attempt to chop ingredients or cook without adult supervision.**