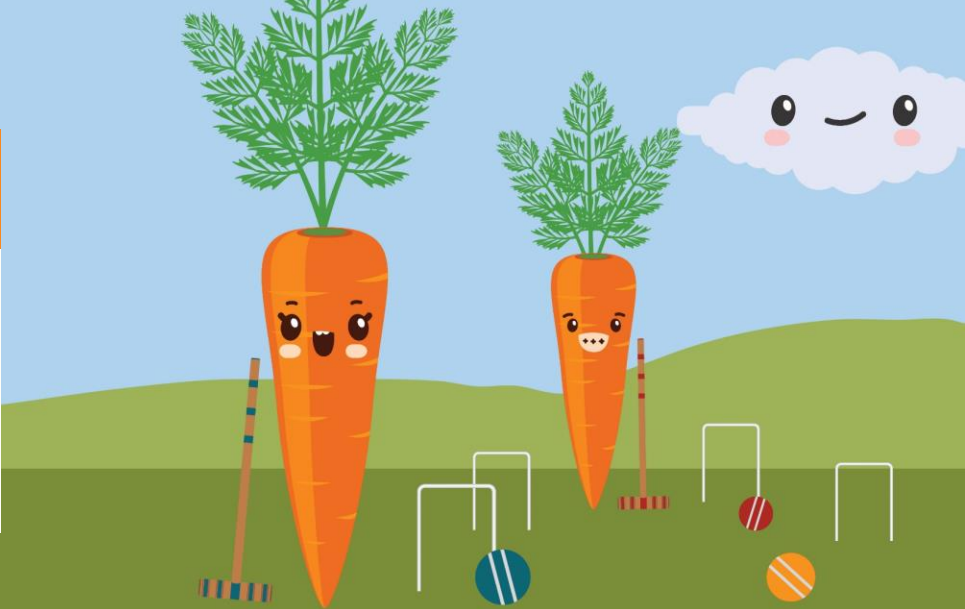


LUNCH MARCH 2024



**Offered Daily:**  
Assorted Milk  
Fruits & Vegetables (refer to side menu)

ACE'S CORNER



Menu subject to change without notice.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   |  |   | <div>1</div> <div>Read Across America Day!</div> <div>1. Chicken Patty Sandwich</div> <div>2. Grilled Cheese</div> <div>(Served with a Cookie)</div> |
| <div>4</div> <div>1. Chicken Nugget w/ Pretzel Rod</div> <div>2. Beef Nachos</div>                                   | <div>5</div> <div>1. Spaghetti with Meatballs And Garlic Texas Toast</div> <div>2. Chicken Patty Sandwich</div>                             | <div>6</div> <div>1. Turkey Quesadilla</div> <div>2. Meatball Sub</div>  | <div>7</div> <div>1. French Toast Sticks with Sausage Patty</div> <div>2. All American Salad with Pretzel Rod</div>                                       | <div>8</div> <div>1. Max Sticks with Dipping Sauce</div> <div>2. Peanut Butter &amp; Jelly Sandwich</div>  |
| <div>11</div> <div>1. Hot Dog on a Bun</div> <div>2. Sausage Pizza</div> <div>3. LTO - Spicy Chicken Mole Taco</div> | <div>12</div> <div>1. Chicken Patty Sandwich</div> <div>2. Turkey &amp; Cheese Baboom Sub</div> <div>3. LTO - Spicy Chicken Mole Taco</div> | <div>13</div> <div>1. Cheeseburger</div> <div>2. Make Your Own Pepperoni Pizza Bagel</div> <div>3. LTO - Spicy Chicken Mole Taco</div> | <div>14</div> <div>1. Popcorn Chicken w/ Pretzel Rod</div> <div>2. Ranch Chicken Salad with Pretzel Rod</div> <div>3. LTO - Spicy Chicken Mole Taco</div> | <div>15</div> <div>1. Cheese Pizza</div> <div>2. Grilled Ham &amp; Cheese</div> <div>3. LTO - Spicy Chicken Mole Taco</div>                          |
| <div>18</div> <div>1. BBQ Riblet Sandwich</div> <div>2. Chicken Nuggets w/ Pretzel Rdo</div>                         | <div>19</div> <div>1. Soft Pretzel with Cheese Sause</div> <div>2. Cheeseburger</div>   | <div>20</div> <div>1. Penne Alfredo with Chicken And Garlic Texas Toast</div> <div>2. Ham &amp; Cheese Sandwich</div>                  | <div>21</div> <div>1. Chicken Nuggets w/ Pretzel Rod</div> <div>2. Cheese Quesadilla</div>  | <div>22</div> <div>1. Mac N Cheese</div> <div>2. Chicken Patty Sandwich</div>  |
| <div>25</div> <div>No School</div>   | <div>26</div> <div>No School</div>  | <div>27</div> <div>No School</div>   | <div>28</div> <div>No School</div>  | <div>29</div> <div>No School</div>   |

# ROOTING FOR YOUR HEALTH

Carrots are an excellent source of fiber, vitamin C, potassium, and beta-carotene, which are all important for your vision, skin, and growth. Carrots are root vegetables and the portion we munch on is called the taproot. The carrots we know and love are actually a subspecies of the wild carrot, *daucus carota*. Today, most carrots are orange, but there are also purple, red, white, and yellow varieties. Rabbits do not actually eat carrots in the wild, but the average person will consume 10,866 carrots in a lifetime.

## DID YOU KNOW?

### ORANGE IS THE HAPPIEST COLOR...

If you were to eat large amounts of carrots, far beyond the usual daily portions, it can cause a condition called "carotenemia." This causes the skin to turn yellowish orange, especially on the palms or soles of the feet, but it is completely harmless. Don't worry, this condition is not caused by average portions and is easily reversed by reducing your carrot intake.

## ACE'S JOKE OF THE MONTH

### Q. HOW DO YOU MAKE GOLD SOUP?

SEE ANSWER BELOW



## ACTIVITY: ROOT TO BRANCH, STEM TO VINE

Draw a line from the fruit or vegetable to where it grows.



PUMPKIN



ORANGE



STRAWBERRY



POMMEGRANATE



RADISH



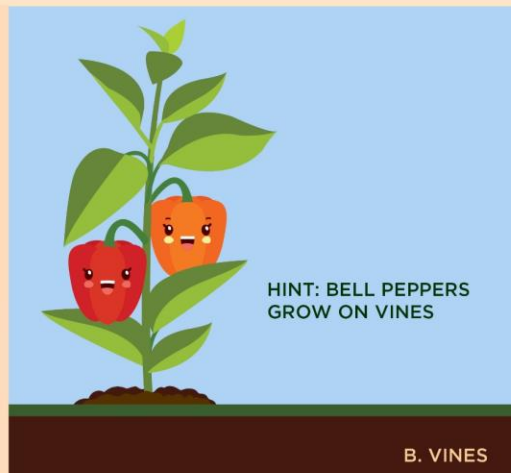
SWEET POTATO



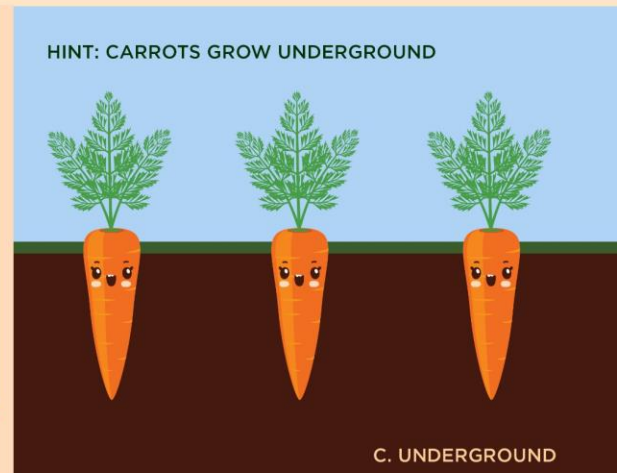
TOMATOE



A. TREES



B. VINES



C. UNDERGROUND