

Stanley G. Falk School Lunch
Mullen

March 2024

NEW YORK STATE
HARVEST OF THE
MONTH ~

Carrots

Plant Part



- A carrot has green feathery leaves that are located above the ground.
- Carrots bloom from June to August.
- Edible part of carrot is the root. It reaches maturity 70 to 100 days after planting.

Nutrition



- Just one medium carrot or a handful of baby carrots counts as one serving of your daily veggies sugar.
- Our bodies turn beta-carotene into vitamin A. Vitamin A is important for good health, especially for your eyes. Carrots are one of the best sources of vitamin A. Vitamin A is good for your bones, teeth, vision, and your skin.

Shapes, Sizes and Colors



- Carrots are members of the parsley family like celery, parsnips, dill and fennel. Carrots come in a wide variety of shapes, colors and sizes. Color variation includes orange, purple, red, white and yellow
- First cultivated in Afghanistan over 2,000 years ago, the ancient Greeks and Romans used purple and yellow/orange varieties of carrots for medicinal purposes.



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	1
				Cheese Pizza

				Tomato & Cucumber salad or Broccoli
4	5	6	7	8
Turkey Pieces & Gravy Stuffing	Cheese Pizza	Meatball Sub	Nacho Grande Seasoned Rice	Grilled Cheese Sandwich Tomato Soup
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Carrots or Mashed Potato	Broccoli or Cauliflower	French Fries or Brussel Sprouts	Vegetarian Beans or Romaine Salad	Broccoli or Pepper Strips
11	12	13	14	15
Cheeseburger on a Bun	Chix & Sticks Warm marinara Seasoned Noodles	Lunchable or Sun Butter & Jelly Sandwich	Pizza Logs & Dipping Sauce Pasta Salad	No School
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French Fries or Vegetarian Beans	Corn or Romaine Salad	Celery Sticks or Carrot Sticks	Cauliflower or Broccoli	
18	19	20	21	22
Sweet & Sour Chicken Seasoned Rice	Goulash Garlic Roll	Chicken Patty on a Bun	Cheese Pizza	French Toast Sausage Patty Warm Syrup
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Broccoli or Cauliflower	Brussel Sprouts or Romaine Salad	Tomato & Cucumber salad or Vegetarian Beans	Carrots or Romaine Salad	Green Beans or Diced Potatoes
25	26	27	28	29
Cheeseburger on a Bun	Turkey Pieces & Gravy Stuffing	Cheese Pizza	Assorted Sub	
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Brussel Sprouts or Carrots	Corn or Mashed Potato	Vegetarian Beans or Broccoli	Carrots & Celery or Cucumber Slices	

#FalkForward Recipe Card #7: Garlic Parmesan Roasted Carrots

Ingredients: 2# Carrots washed and halved, 1/4c olive oil, 4 large cloves garlic, minced, 1/4c grated Parmesan cheese, 2 Tbsp. Panko breadcrumbs, salt & pepper to taste, fresh chopped parsley.

Directions: Preheat Oven to 400 degrees and spray baking sheet with cooking oil spray. Arrange carrots on sheet. Pour over olive oil, then add garlic, parmesan, breadcrumbs and salt & pepper. Toss all ingredients together completely coating the carrots. Spread out and bake for 20-25 minutes, or until tender. Toss with a spatula half way through baking. Remove from oven and top with fresh parsley.

Delicious!!!