

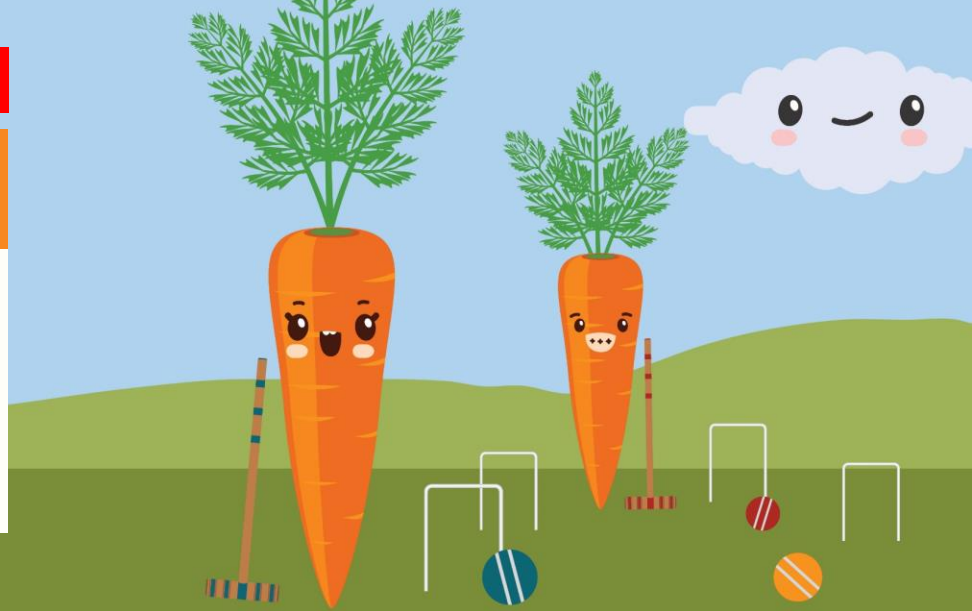
MARCH 2024



2 You can always **Pick 2** for Breakfast in the Cafe

Breakfast Milk Options:
1% White & 1% Chocolate

ACE'S CORNER



Lunch Milk Options: 1% White, 1% Chocolate, & 1% Strawberry

Vegetarian Entrees have an *

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>National School Breakfast week! March 11-15 Class with highest breakfast in each grade earns a pizza party the next week!</p>		<p>Happy St. Patrick's Day on March 17th!</p>	<p>Thursday March 21!</p>	<p>Biscuit & Gravy 1 Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Cheese Pizza* BBQ Rib on Bun</p> <hr/> <p>Fresh Baby Carrots, Apricot Halves,</p>
<p>French Toast Sticks 4 Strawberry Apple Yogurt Smoothie</p> <hr/> <p>Green Eggs & Ham w/ 1 Fish 2 Fish Goldfish Chicken Tenders & Breadstick</p> <p> Lorax's Green Beans, Fresh Oranges</p>	<p>Sausage Breakfast Pizza 5 Pineapple Yogurt Parfait</p> <hr/> <p>Thing 1 & Thing 2 Chicken Sliders Hot Dog on a Bun</p> <p> Mashed Potatoes, Grinch's Green Applesauce</p>	<p>Egg & Cheese English Muffin 6 Purple Haze Yogurt Smoothie</p> <hr/> <p>Mr. Brown's Cheeseburger Turkey & Cheese Sandwich</p> <p> Romaine Salad, Sneetches Peaches</p>	<p>Egg, Sausage & Cheese Tacos 7 Blueberry Yogurt Parfait</p> <hr/> <p>Thidwick's French Toast & Sausage Chicken Patty on a Bun</p> <p> Yertle the Turtle's Tater Tots, Warm Apple Slices,</p>	<p>French Toast Sticks 8 Choc Strawberry Yogurt Smoothie</p> <hr/> <p>Pepperoni Pizza Yook's & Zook's Pretzel Plate*</p> <p> Bartholomew Baby Carrots, Apricot Halves</p>
<p>School Improvement Day! No School! 11</p>	<p>Sausage Egg & Cheese Flatbread 12 Strawberry Yogurt Parfait</p> <hr/> <p>Beef & Cheese Nachos Grilled Chicken on a Bun</p> <p>Refried Beans, Diced Pears,</p>	<p>Pancake on a Stick 13 Tropical Yogurt Smoothie</p> <hr/> <p>Popcorn Chicken Bowl & Breadstick Cheese Pizzadilla*</p> <p>Fresh Broccoli, Fresh Banana</p>	<p>Bacon Egg & Cheese Burrito 14 Peach Yogurt Parfait</p> <hr/> <p>Chicken Nuggets & Breadstick Turkey & Cheese Sandwich</p> <p>Fresh Cucumber, Rosy Applesauce,</p>	<p>Chicken & Cheese Biscuit 15 Apple Cinnamon Yogurt Smoothie</p> <hr/> <p>Cheese Pizza* Grilled Ham & Cheese</p> <p>Fresh Baby Carrots, Apricot Halves,</p>
<p>Biscuit & Gravy 18 Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Twin Soft Tacos Cheese Quesadilla*</p> <p>Baked Beans, Fresh Oranges</p>	<p>Bacon Egg & Cheese Frittata & 19 Blueberry Yogurt Parfait</p> <hr/> <p>Hot Dog on a Bun Pizza Sticks & Sauce*</p> <p>Green Beans, Diced Pears</p>	<p>Sausage English Muffin Sandwich 20 Berry Banana Yogurt Smoothie</p> <hr/> <p>Pancakes & Scrambled Eggs Chicken Patty on a Bun</p> <p>Fresh Baby Carrots, Fresh Banana</p>	<p>French Toast Sticks 21 Strawberry Yogurt Parfait</p> <hr/> <p>Hamburger on a Bun Make-Your-Own Pep Pizza Bagel</p> <p>Golden Corn, Rosy Applesauce</p>	<p>Orange Glazed Cinnamon Roll 22 Purple Haze Yogurt Smoothie</p> <hr/> <p>Sausage Pizza Pretzel, Yogurt, Cheese Plate*</p> <p>Romaine Salad, Apricot Halves,</p> <p> ACE Prize Day</p>
<p>Egg & Cheese English Muffin 25 Chef's Choice</p> <hr/> <p>Popcorn Chicken & Lo Mein Soft Pretzel & Cheese Sauce*</p> <p>Fresh Baby Carrots, Fruit Mix,</p>	<p>Bosco Stick 26 Chef's Choice</p> <hr/> <p>Raiders Chicken Sandwich Mini Corn Dogs</p> <p>Golden Corn, Diced Pears</p>	<p>Sausage Breakfast Pizza Apple 27 Chef's Choice</p> <hr/> <p>Twin Soft Tacos Chicken Nuggets & Breadstick</p> <p>Baked Beans, Diced Peaches</p>	<p>28</p> <p>SPRING</p> <p>BREAK</p> <p>29</p>	

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

