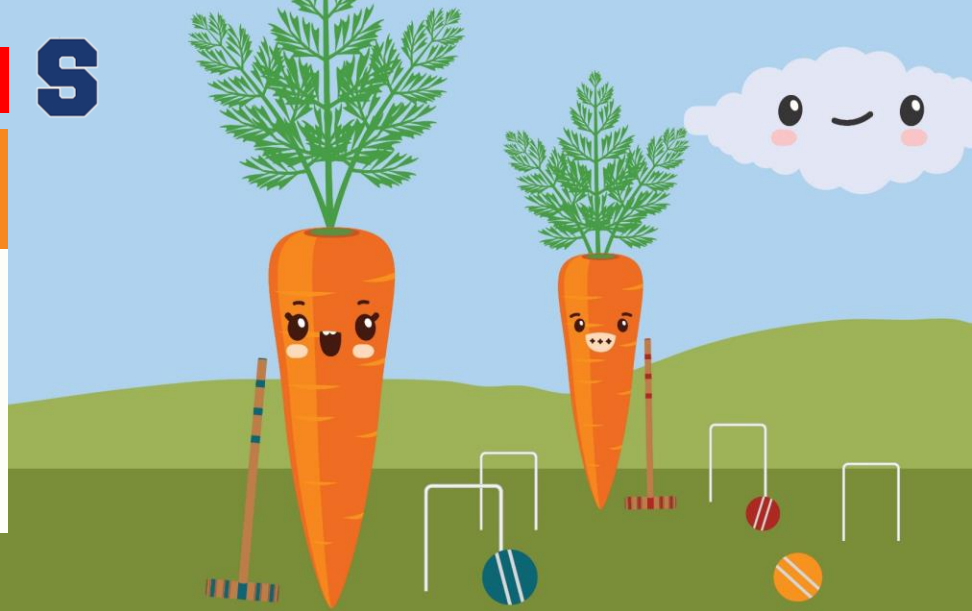


MARCH 2024

**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><b>National School Breakfast week! March 11-15</b> <b>Class with highest breakfast in each grade earns a pizza party the next week!</b></p>	<p><b>MARCH</b> <b>SPRING</b></p>	<p><b>17 MARCH</b> Happy St. Patrick's Day on March 17<sup>th</sup>!</p>	<p><b>Happy Birthday</b> <b>Dr. Seuss</b> Thursday March 21!</p>	<p>Biscuit &amp; Gravy Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Cheese Pizza* BBQ Rib on Bun Cookie Humus &amp; Yogurt Plate*</p> <hr/> <p>Romaine Salad, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p>French Toast Sticks Strawberry Apple Yogurt Smoothie <b>4</b></p> <hr/> <p>Green Eggs &amp; Ham w/ 1 fish 2 fish Goldfish Chicken Tenders &amp; Breadstick Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Fresh Broccoli, Lorax's Green Beans, Fruit Mix, Fresh Apple</p>	<p>Sausage Breakfast Pizza Pineapple Yogurt Parfait <b>5</b></p> <hr/> <p>Thing 1 &amp; Thing 2 Chicken Sliders Hot Dog on a Bun Sun Butter &amp; Jelly Sandwich*</p> <hr/> <p>Red Pepper Strips, Mashed Potatoes, Grinch's Green Applesauce, Fresh Oranges</p>	<p>Egg &amp; Cheese English Muffin Purple Haze Yogurt Smoothie <b>6</b></p> <hr/> <p>Chicken Dumpling &amp; Fried Rice Mr. Brown's Cheeseburger Turkey &amp; Cheese Sandwich</p> <hr/> <p>Edamame Beans, Peas &amp; Carrots, Sneetches Peaches, Orange Craisins</p>	<p>Egg, Sausage &amp; Cheese Tacos Blueberry Yogurt Parfait <b>7</b></p> <hr/> <p>Thidwick's French Toast &amp; Sausage Chicken Patty on a Bun Popcorn Chicken Salad &amp; Roll</p> <hr/> <p>Yertle the Turtle's Tater Tots, Celery Sticks, Warm Apple Slices, Fresh Pear</p>	<p>French Toast Sticks Choc Strawberry Yogurt Smoothie <b>8</b></p> <hr/> <p>Pepperoni Pizza Yook's &amp; Zook's Pretzel Plate* Grilled Bacon &amp; Cheese</p> <hr/> <p>Bartholomew Baby Carrots, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p><b>School Improvement Day!</b> <b>No School!</b></p>	<p>Sausage Egg &amp; Cheese Flatbread Strawberry Yogurt Parfait <b>12</b></p> <hr/> <p>Beef &amp; Cheese Nachos Grilled Chicken on a Bun Baja Vegetable Salad &amp; Roll*</p> <hr/> <p>Refried Beans, Street Style Corn, Diced Pears, Fresh Apple</p>	<p>Pancake on a Stick Tropical Yogurt Smoothie <b>13</b></p> <hr/> <p>Popcorn Chicken Bowl &amp; Breadstick Cheese Pizzadilla* Turkey Chef Salad &amp; Roll</p> <hr/> <p>Fresh Broccoli, Red Pepper Strips Diced Peaches, Fresh Banana</p>	<p>Bacon Egg &amp; Cheese Burrito Peach Yogurt Parfait <b>14</b></p> <hr/> <p>Chicken Nuggets &amp; Breadstick Turkey &amp; Cheese Sandwich BBQ Chicken Flatbread</p> <hr/> <p>Romaine Salad, Fresh Cucumber, Rosy Applesauce, Fresh Pear</p>	<p>Chicken &amp; Cheese Biscuit Apple Cinnamon Yogurt Smoothie <b>15</b></p> <hr/> <p>Cheese Pizza* Grilled Ham &amp; Cheese Chicken &amp; Cheese Salad &amp; Roll</p> <hr/> <p>Fresh Baby Carrots, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p>Biscuit &amp; Gravy Pink Lemonade Yogurt Smoothie <b>18</b></p> <hr/> <p>Twin Soft Tacos Cheese Quesadilla* Cookie Humus &amp; Yogurt Plate*</p> <hr/> <p>Romaine Salad, Baked Beans, Fruit Mix, Fresh Oranges</p>	<p>Bacon Egg &amp; Cheese Frittata &amp; Blueberry Yogurt Parfait <b>19</b></p> <hr/> <p>Hot Dog on a Bun Pizza Sticks &amp; Sauce* Chicken Ranch Wrap</p> <hr/> <p>Cucumber Slices, Green Beans, Diced Pears, Fresh Apple</p>	<p>Sausage English Muffin Sandwich Berry Banana Yogurt Smoothie <b>20</b></p> <hr/> <p>Pancakes &amp; Scrambled Eggs Chicken Patty on a Bun Italian Salad w/ Ham &amp; Roll</p> <hr/> <p>Fresh Baby Carrots, Celery Sticks, Diced Peaches, Fresh Banana</p>	<p>French Toast Sticks Strawberry Yogurt Parfait <b>21</b></p> <hr/> <p>Thai Chicken Tenders &amp; Rice Hamburger on a Bun Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Golden Corn, Romaine Salad, Rosy Applesauce, Fresh Pear</p>	<p>Orange Glazed Cinnamon Roll Purple Haze Yogurt Smoothie <b>22</b></p> <hr/> <p>Sausage Pizza Grilled Cheese* Pretzel, Yogurt, Cheese Plate*</p> <hr/> <p>Red Pepper Strips, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p>Egg &amp; Cheese English Muffin Chef's Choice <b>25</b></p> <hr/> <p>Popcorn Chicken &amp; Lo Mein Soft Pretzel &amp; Cheese Sauce* Make-Your-Own Flatbread Pizza*</p> <hr/> <p>Steamed Broccoli, Variety Vegetable, Fruit Mix, Variety Fruit</p>	<p>Bosco Stick Chef's Choice <b>26</b></p> <hr/> <p>Raiders Chicken Sandwich Mini Corn Dogs Turkey &amp; Cheese Sandwich</p> <hr/> <p>Waffle Fries, Variety Vegetable, Diced Pears, Variety Fruit</p>	<p>Sausage Breakfast Pizza Chef's Choice <b>27</b></p> <hr/> <p>Twin Soft Tacos Chicken Nuggets &amp; Breadstick Egg Chef Salad &amp; Roll*</p> <hr/> <p>Baked Beans, Variety Vegetable, Diced Peaches, Variety Fruit</p>	<p><b>28</b> <b>29</b></p> <p><b>SPRING BREAK</b></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



TOMATO

