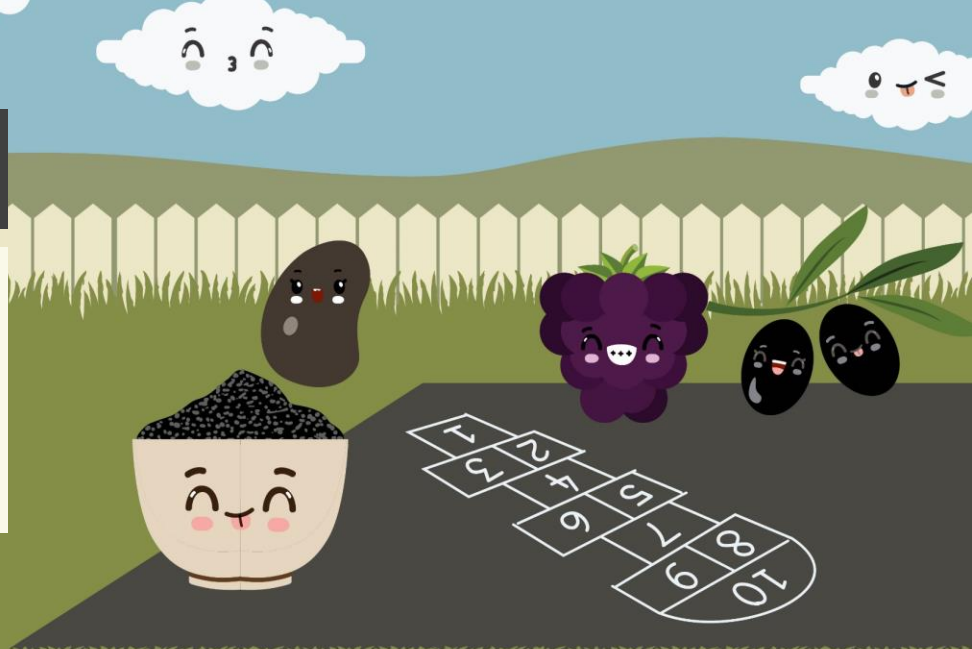


# MARCH 2024



## ACE'S CORNER

Monday-Ham & Cheese Sandwich  
 Tuesday-Italian Sub  
 Wednesday- Chef Salad  
 Thursday- Grilled Cheese  
 Friday-Turkey Sandwich



Variety of Milk Served Daily

Variety of Fresh Fruits and Veggies offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
Donut 04	Breakfast Pizza 05	Chocolate Crescent Roll 06	Pancake on a Stick 07	Mini Cinni 08 Pepperoni Pizza Chicken Tenders w/ Breadstick Mixed Veggies Orange Smiles
Meatloaf Crispito Mashed Potatoes Blueberries	Cheeseburger Sloppy Joe French Fries Diced Pears	Hotdog on Bun Popcorn Chicken w/ Breadstick Green Beans Diced Peaches	French Toast Sticks Chicken Patty on Bun Tater Tots Applesauce	
Muffins 11	Poptart 12	Cereal 13	No School 14	No School ! 15
Penne Alfredo w/ Garlic Bread Cheeseburger on Bun Corn Diced Pears	Corndog Chicken Patty on Bun French Fries Apple Slices	Pretzel w/ Cheese Orange Chicken w/ Rice Mandarin Oranges Green Beans		
Nutri Grain Bar 18	Breakfast Pizza 19	Mini Bagels 20	Muffins 21 Chicken Nuggets w/ Slice of Bread Turkey & Cheese Sandwich French Fries Orange Smiles	Donuts 22 Italian Subs Pepperoni Pizza Green Beans Apple Slices
Pizza Quesadilla Sloppy Joe Corn Blueberries	Cheeseburger Spaghetti w/ Meat Sauce & Garlic Bread Steamed Carrots Applesauce	Nachos Crispito w/ Cheese Sauce Garden Salad Diced Pears		
Pop tart 25	Pancake on Stick 26 Chicken Drumstick w/ Roll Meatloaf w/ Roll Mashed Potatoes Mixed Fruit	Cereal 27 Chicken Tenders w/ Bread Quesadilla Corn Orange Smiles	No School 28	No School 29
Chicken Patty on Bun Cheeseburger French Fries Banana				

# NEW MOON NUTRIENTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black quinoa, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

## DISCOVER: BLACKBERRIES

Bursting with tart sweetness, blackberries are shaking things up in the cafeteria this month. In season during the warmer months, these juicy berries are packed with vitamin C, fiber, and manganese.



**BLACK BEANS:** Packed with protein, fiber, & minerals  
Peak Season: Jun.-Aug.

## BLACK RICE:

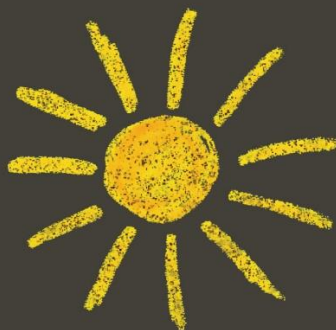
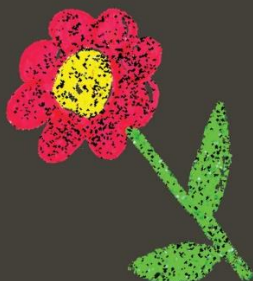
Hearty dose of protein, iron, & antioxidants  
Peak Season: Sep.-Oct.



**BLACK OLIVES:** Packed with calcium, iron, & potassium  
Peak Season: Sep.-Nov.

## CHALLENGE OF THE MONTH: HOMEMADE SIDEWALK PAINT

Using water, cornstarch, and food coloring you can make your own sidewalk paint! Just mix equal parts water and cornstarch and then add the food coloring of your choice. With a muffin tin as your painter's palette, you can mix up a variety of colors to make your own work of art outside.



## BLACK BEAN AND TOMATO SALAD\*

Serves 4

### INGREDIENTS:

- 1 package cherry tomatoes
- 1 can black beans
- 1/4 cup corn
- 2-3 green onions chopped
- 2 cloves garlic minced
- 3 tablespoons cilantro finely chopped
- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 pinch salt or to taste
- 1-2 teaspoon(s) sugar to taste
- 1 teaspoon chili powder

### PREPARATION:

1. In a medium bowl, mix tomatoes, black beans, corn, and green onions.
2. In a small bowl, make dressing by mixing garlic, cilantro, orange juice, balsamic vinegar, salt, sugar, and chili powder.
3. Pour dressing over top of salad mixture, stir to combine, and serve.



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