



# MARCH 2026

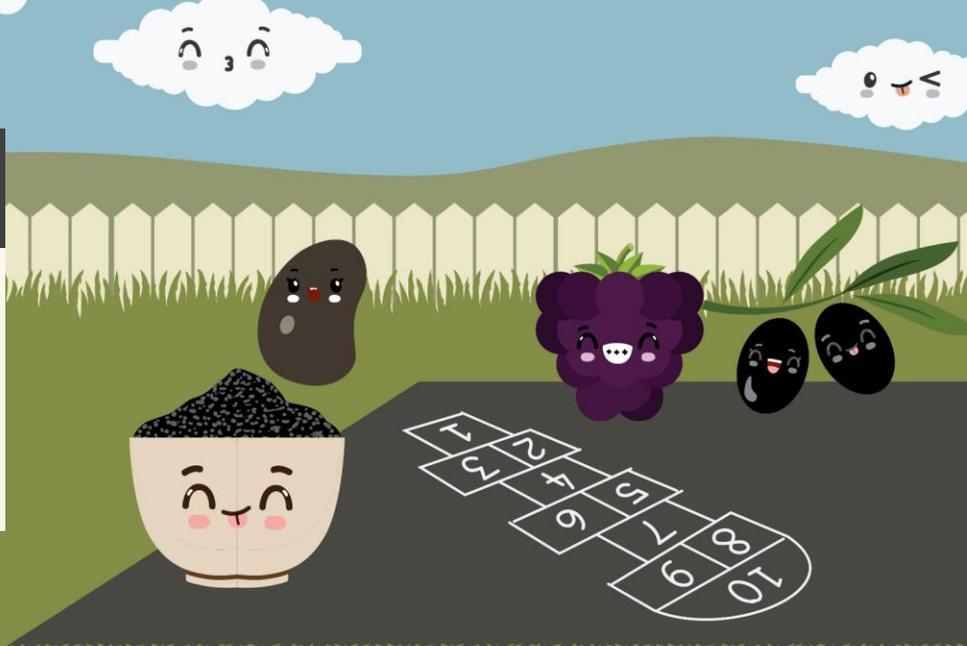
## DAILY OPTIONS:

Assorted Milk all meal periods



ACE'S CORNER

Menu subject to change without notice.



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel w/ Cream Cheese Apple Slices <b>02</b> <hr/> Cheeseburger Mashed Potatoes & Mixed Fruit <hr/> ChatSnax & Milk	Pumpkin Bread <b>03</b> Fresh Orange Wedges <hr/> Chicken Patty Sliders Zucchini Slices & Pears <hr/> Pretzel & Capri Sun	Yogurt <b>04</b> Applesauce <hr/> Maxx Sticks w/ Sauce Veg Blend & Peaches <hr/> Bagel w/ Jelly & Milk	Mini Maple Waffles <b>05</b> Apple Juice <hr/> French Toast w/ Sausage Patties Cooked Carrots & Whole Banana <hr/> Scooby Snacks & String Cheese	Cheerios <b>06</b> Banana <b>National Cereal Day</b> <hr/> Cheese Pizza Celery Sticks & Warm Cinnamon Apples <hr/> String Cheese & Apple
Blueberry Muffin Top <b>09</b> Apple Slices <hr/> Chicken Tenders French Fries & Orange Wedges <hr/> Animal Crackers & Milk	Chex Cereal <b>10</b> Fresh Orange Wedges <hr/> BBQ Riblet Roasted Cauliflower & Pears <hr/> Pretzel Goldfish & Baby Carrots w/ Ranch	Mini Cream Cheese Bagels <b>11</b> Applesauce <hr/> Cheese Pizzadilla Broccoli & Apple Slices <hr/> Bagel w/ Jelly & Milk	Cheerios <b>12</b> Banana <hr/> Chicken Nuggets Tater Tots & Applesauce <hr/> Yogurt & Pretzel	Lemon Bread <b>13</b> Apple Juice <hr/> Cheese Pizza Cucumber Slices & Fruit Juice <hr/> Apple & Milk
Blueberry Bread <b>16</b> Apple Slices <hr/> Soft Beef Tacos Waffles Fries & Orange Wedges <hr/> String Cheese & Capri Sun	Cheerios <b>17</b> Fresh Orange Wedges <hr/> Cheeseburger Cucumber Slices & Whole Apple <hr/> Bug Bite Crackers & Milk	Yogurt <b>18</b> Applesauce <hr/> Mini Pancakes w/ Cheese Omelet Fresh Broccoli & Warm Cinnamon Peaches <hr/> Cheez-It w/ Cucumber Slices & Ranch	Mini Maple Waffles <b>19</b> Banana <hr/> Honey Stung Popcorn Chicken Mashed Potatoes & Applesauce <hr/> String Cheese & Pretzel Goldfish	Strawberry Mini Cream Cheese Bagel <b>20</b> Apple Juice <hr/> Cheese Pizza Red Pepper Strips & Whole Banana <hr/> Yogurt & Cheez-Its
Blueberry Chex <b>23</b> Apple Slices <hr/> Pizza Meatball Sub Steamed Broccoli & Orange Wedges <hr/> Animal Crackers & Milk	Mini Maple Waffles <b>24</b> Fresh Orange Wedges <hr/> Taco Wedges Waffle Fries & Apple Juice <hr/> Scooby Snacks & String Cheese	Yogurt <b>25</b> Applesauce <hr/> Chicken Nuggets w/ Breadstick Baked Beans & Peaches <hr/> Goldfish & Capri Sun	Cheerios <b>26</b> Banana <hr/> Waffles w/ 2 Sausage Links Red Pepper Strips & Applesauce <hr/> ChatSnax & Apple	Blueberry Muffin Top <b>27</b> Apple Juice <hr/> Cheese Pizza Cucumber Slices & Banana <hr/> White Cheddar Chex Mix & Milk
<p style="text-align: right;"><b>30</b></p> <p style="text-align: center;"><b>No School</b></p>	<p style="text-align: right;"><b>31</b></p> <p style="text-align: center;"><b>No School</b></p>			

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# 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:

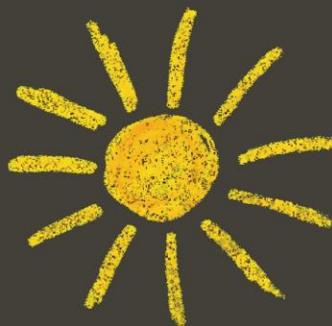
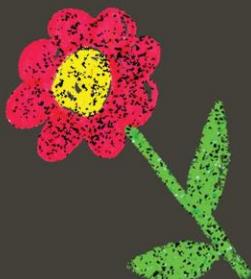
Hearty dose of protein, iron, & antioxidants  
Peak Season: Sep.-Oct.



**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.



## ACE'S RECIPE OF THE MONTH:

## BLACK BEAN AND TOMATO SALAD\*

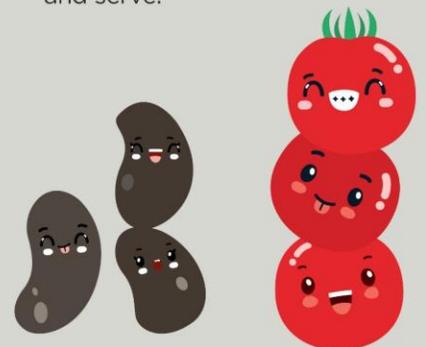
Serves 4

### 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.