



Parkway MARCH 2023



Lunch Prices
 Paid: \$2.70
 Reduced: \$0.40
 Adult Meal: \$4.65
 Milk without a Meal: \$0.45

ACE'S CORNER

FREE BREAKFAST SERVED DAILY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com</p>	<p>1% White Milk & Skim Chocolate Milk Offered Daily!</p>	<p>1 Chicken Patty Sandwich Meatball Sub Peach Yogurt Parfait w/Cheez-Itz Peaches, Blueberries Corn, and Red Pepper Strips</p>	<p>2 French Toast Sticks w/ Eggs Chicken Nuggets w/Pretzels Turkey & Cheese Sub Craisins, Pears Carrots, and Cucumbers</p>	<p>3 Cheese Pizza Fish Patty Melt Muffin, String Cheese, & Yogurt Pack Apples, Juice Baby Carrots, and Peas</p>
<p>6 Bosco Sticks Popcorn Chicken Make Your Own Pizza Flatbread Peaches, Mixed Fruit Spinach, and Corn</p>	<p>7 Chicken Nachos Hamburger Ham & Cheese Sub* Applesauce, Pears Baked Beans, and Cucumbers</p>	<p>8 Mini Corn Dogs Chicken Patty Sandwich Blueberry Yogurt Parfait w/Cheez-Itz Peaches, Blueberries Baby Carrots, and Fries</p>	<p>9 EARLY RELEASE</p>	<p>10 NO SCHOOL</p>
<p>13 Cheeseburger Mini Corn Dogs Make Your Own Pizza Bagel Peaches, Pears Mashed Potatoes, and Corn</p>	<p>14 Beef Tacos Chicken Nuggets Turkey & Cheese Sub Oranges, Strawberries Potato Smiles, and Spinach</p>	<p>15 Popcorn Chicken w/ Roll Turkey Hot Dog Peach Yogurt Parfait w/Cheez-Itz Mixed Fruit, Peaches Fries, and Baked Beans</p>	<p>16 French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich* Ham & Cheese Sub Craisins, Pears Carrots, and Red Pepper Strips</p>	<p>17 NO SCHOOL</p>
<p>20 Mini Corn Dogs Chicken Patty Sandwich Make Your Own Pizza Flatbread Mixed Fruit, Pears Corn, and Mashed Potato</p>	<p>21 Beef Nachos Cheesy Pizza Sticks Ham & Cheese Sub* Apple, Mixed Fruit Garbanzo Beans, and Broccoli</p>	<p>22 Chicken Nuggets Cheeseburger Peach Yogurt Parfait w/Cheez-Itz Pears, Peaches Fries, and Red Pepper</p>	<p>23 Waffles w/ Eggs Ham & Cheese Melt* Turkey & Cheese Sub Craisins, Peaches Cucumber, and Potato Smiles</p>	<p>24 Cheese Pizza Fish Sticks Muffin, String Cheese & Yogurt Pack Mixed Fruit, Juice Peas, and Carrots</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
<h1>NO SCHOOL!</h1>				

BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: RASPBERRIES

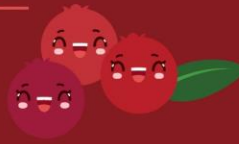


Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



TOMATOES: Tons of antioxidants, vitamin C, & lycopene
Peak Season: May - Oct.

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants



Peak Season: Sep. - Nov.



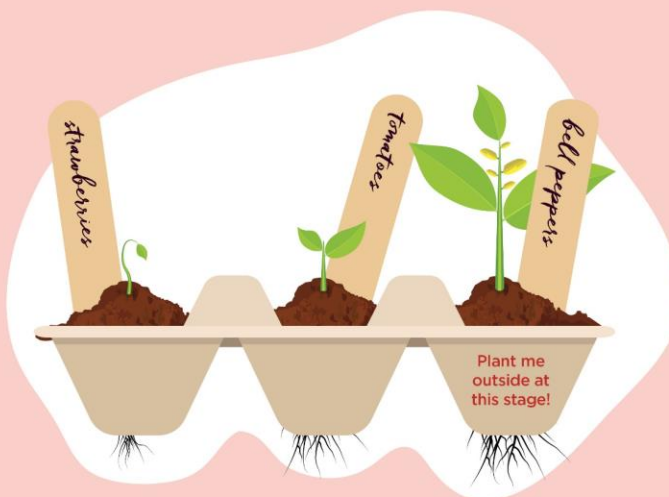
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers.**

MATERIALS: soil, water, an egg carton, popsicle sticks, and seeds

DIRECTIONS: Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



ACE'S RECIPE OF THE MONTH:

BEET APPLESAUCE*

This blushing applesauce can't be beet!



INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

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