

# Glen Hills MARCH 2023



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

ACE'S CORNER



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

# 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.


1. 


2. 

3. 

4. 

5. 

6. 

7. 

PUMPKIN

ORANGE

STRAWBERRY

POMMEGRANATE

RADISH

SWEET POTATO

TOMATOE

