

MARCH 2023

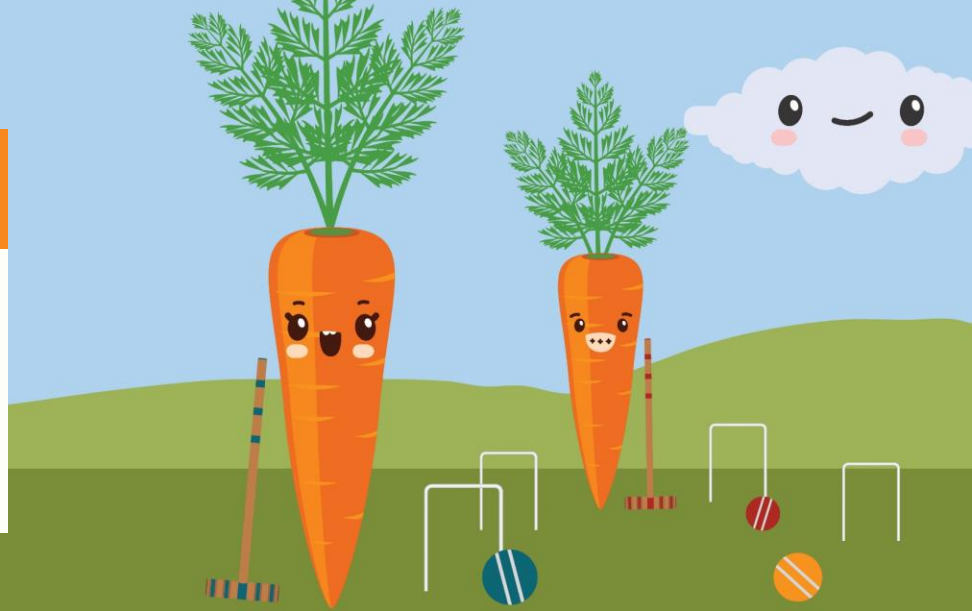
**FUN FACTS:**

Baby carrots are sweeter than full sized carrots because they are grown smaller and younger.

**Breakfast Prices**      **Lunch Prices**  
 Paid: \$1.80              Paid: \$3.20  
 Reduced: \$0.30        Reduced: \$0.40



ACE'S CORNER



# Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Did you know?</i>                      *Our grains are whole-grain rich.                      *Breakfast cereals are reduced sugar.                      *We offer fresh fruit and veggies everyday!                      *100% fruit juice offered everyday with Breakfast &amp; Lunch!                      *1% Milk &amp; Fat Free Chocolate Milk Available Daily!</p>		<p>Oatmeal Raisin Benefit Bar 1                      Frosted Flakes &amp; Scooby Grahams</p> <p>Cheese Quesadilla                      Ace's Yogurt Fun Pack                      Steamed Green Beans, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana</p>	<p>Turkey Maple Pancake Wrap 2                      Yogurt &amp; String Cheese</p> <p>Pizza Crunchers                      Ace's Yogurt Fun Pack                      Golden Sweet Corn, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears</p>	<p><b>NO SCHOOL</b> 3</p>
<b>National School Breakfast Week!</b>				
<p>Banana Chocolate Benefit Bar 6                      Cinnamon Toast Bar &amp; Hard-Boiled Egg                      Hot Dog                      1/2 Ham &amp; Cheese Sandwich Pack                      Winter Blend, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins</p>	<p>Mini Maple Waffles 7                      Blueberry Poptart &amp; String Cheese</p> <p>Chicken Nachos                      1/2 Ham &amp; Cheese Sandwich Pack                      Campfire Beans, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce</p>	<p>Strawberry Cream Cheese Bagel 8                      Chocolate Muffin &amp; String Cheese                      Chicken Patty                      1/2 Ham &amp; Cheese Sandwich Pack                      Steamed Green Beans, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana</p>	<p>Triple Berry French Toast 9                      Vanilla Yogurt &amp; Graham Crackers</p> <p>Cheeseburger                      1/2 Ham &amp; Cheese Sandwich Pack                      Tater Tots, Side Salad, Grape Tomatoes, Fresh Orange, Diced Peaches</p>	<p>Mini Cinnamon Roll 10                      Lucky Charms &amp; String Hard-Boiled Egg                      Galaxy Cheese Pizza                      1/2 Ham &amp; Cheese Sandwich Pack                      Steamed Carrots, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins</p>
<p>Cinnamon Breakfast Round 13                      Trix Bar &amp; Hard-Boiled Egg</p> <p>Corn Dog                      Ace's Muffin Fun Pack                      Veggie Baked Beans, Baby Carrots, Edamame, Apple Slices, Craisins</p>	<p>Blueberry Waffles 14                      Yogurt &amp; Bug Bites Crackers</p> <p>Chicken Drumstick w/ Dinner Roll                      Ace's Muffin Fun Pack                      Golden Sweet Corn, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce</p>	<p>Bagel w/ Cream Cheese 15                      Banana Muffin &amp; String Cheese</p> <p>Mozzarella Sticks w/ Dipping Sauce                      Ace's Muffin Fun Pack                      Mixed Veggies, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana</p>	<p>Banana Chocolate Round 16                      Cocoa Puff Cereal &amp; String Cheese</p> <p>Chicken Tenders &amp; Soft Pretzel                      Ace's Muffin Fun Pack                      Steamed Broccoli, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears</p>	<p>Chocolate Crescent 17                      Team Cheerio Bar &amp; Hard-Boiled Egg                      Pepperoni Pizza                      Ace's Muffin Fun Pack                      Steamed Carrots, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins</p>
<p>Chocolate Chip Round 20                      Cinnamon Toast Bar &amp; Hard-boiled Egg                      Popcorn Chicken &amp; Cheez-It                      Ace's Cereal Fun Pack                      Green Beans, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins</p>	<p>Cinnamon Rush French Toast 21                      Trix Cereal &amp; String Cheese</p> <p>Chicken Walking Taco                      Ace's Cereal Fun Pack                      Golden Sweet Corn, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce</p>	<p>Strawberry Cream Cheese Bagel 22                      Yogurt &amp; Belly Bear Crackers</p> <p>Pizza Crunchers                      Ace's Cereal Fun Pack                      Steamed Green Peas, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana</p>	<p>Apple Frudel 23                      Cinnamon Poptart &amp; String Cheese</p> <p>Cheeseburger                      Ace's Cereal Fun Pack                      Steamed Broccoli, Side Salad, Grape Tomatoes, Fresh Orange, Diced Peaches</p>	<p>Mini Cinnamon Roll 24                      Cocoa Puff Bar &amp; Hard-boiled Egg</p> <p>Cheese Pizza                      Ace's Cereal Fun Pack                      Veggie Baked Beans, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins</p>
<p><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>                      Keyword: Carpentersville</p>	<p><b>NO SCHOOL</b> 28</p>	<p><b>NO SCHOOL</b> 29</p>	<p><b>NO SCHOOL</b> 30</p>	<p><b>NO SCHOOL</b> 31</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
-  TOMATOE

