

# MARCH 2024 – Glen Hills

Questions or Concerns? Call our Food Service Director Anthony at 414-218-7933

Breakfast Prices: FREE

Lunch Prices: Paid: \$3.00 Reduced: \$.40



ACE'S CORNER



Sun Butter and Jelly Sandwich offered at lunch daily

White and Chocolate Milk Available Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				NO SCHOOL <sup>1</sup>
Beef Totcho Bowl <sup>4</sup> Hot Dog Sun Butter & Jelly Sandwich  Refried Beans Fresh Broccoli Mixed Fruit Cup or Orange Juice Box	Breakfast Sandwich <sup>5</sup> Chicken Tenders w/Pretzel Rod Blueberry Parfait  Tater Tots Red Pepper Strips Diced Pears or Banana Juice Box	Fried Rice w/Chicken Dumpling <sup>6</sup> Chicken Patty Sandwich Turkey & Cheese Sub  Steamed Carrots Edamame Cup Diced Peaches or Apple Slices Juice Box	French Toast w/Sausage <sup>7</sup> Cheeseburger Make Your Own Flatbread Pizza  Wango Mango Vegetable Juice Celery Sticks Applesauce or Pears Juice Box	NO SCHOOL <sup>8</sup>
Mini Corn Dog w/Mac & Cheese <sup>11</sup> Grilled Cheese Turkey & Cheese Sub  Chef Choice Fries Celery Sticks Mixed Fruit Cup or Orange Juice Box	Beef Nachos <sup>12</sup> Chicken Tender w/Pretzel Rod Garden Salad w/Dinner Roll  Black Beans Red Pepper Strips Diced Pears or Banana Juice Box	Popcorn Chicken Potato Bowl <sup>13</sup> Bosco Sticks w/Sauce Sun Butter & Jelly Sandwich  Steamed Corn Fresh Broccoli Diced Peaches or Apple Slices Juice Box	Waffle w/Scrambled Egg <sup>14</sup> BBQ Pork Sandwich Apple, String Cheese, Yogurt Pack  Tater Tots Cucumber Coins Applesauce or Pear Juice Box	Choice of Pizza <sup>15</sup> Cheeseburger Ham & Cheese Sub  Spinach Salad Fresh Baby Carrots Berry Cup or Apple Juice Box
Chicken Tacos <sup>18</sup> Cheeseburger Muffin, String Cheese, Yogurt Pack  Black Beans Red Pepper Strips Mixed Fruit Cup or Orange Juice Box	Pasta w/ Meat Sauce <sup>19</sup> Grilled Cheese Ham & Cheese Sandwich  Sweet Potato Fries Cucumber Coins Diced Pears or Banana Juice Box	Pancake Bites w/Scrambled Egg <sup>20</sup> Corn Dog Sun Butter & Jelly Sandwich  Steamed Carrot Celery Sticks Diced Peaches or Apple Slices Juice Box	Teriyaki Chicken & Rice <sup>21</sup> Hot Dog Make Your Own Bagel Pizza  Steamed Corn Fresh Broccoli Applesauce or Pears Juice Box	Choice of Pizza <sup>22</sup> Chicken Patty Pretzel, String Cheese, Yogurt Pack  Steamed Peas Fresh Baby Carrots Berry Cups or Apple Juice Box
NO SCHOOL <sup>25</sup>	NO SCHOOL <sup>26</sup>	NO SCHOOL <sup>27</sup>	NO SCHOOL <sup>28</sup>	NO SCHOOL <sup>29</sup>

# 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

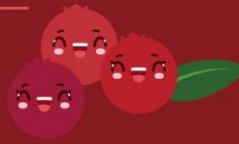


Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



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

**CRANBERRIES:** Hearty dose of quercetin, fiber, & antioxidants



*Peak Season:* Sep. - Nov.



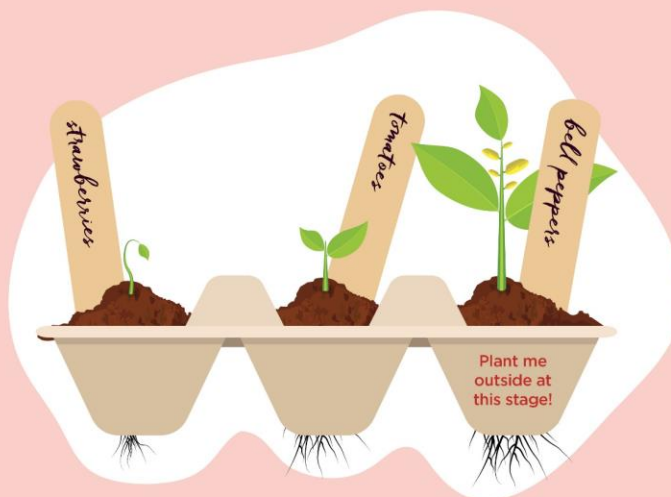
**POMEGRANATES:** Bursting with fiber, protein, & folate  
*Peak Season:* Sep. - Nov.

## 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.**