



MARCH 2025

Weekly Snack Rotation

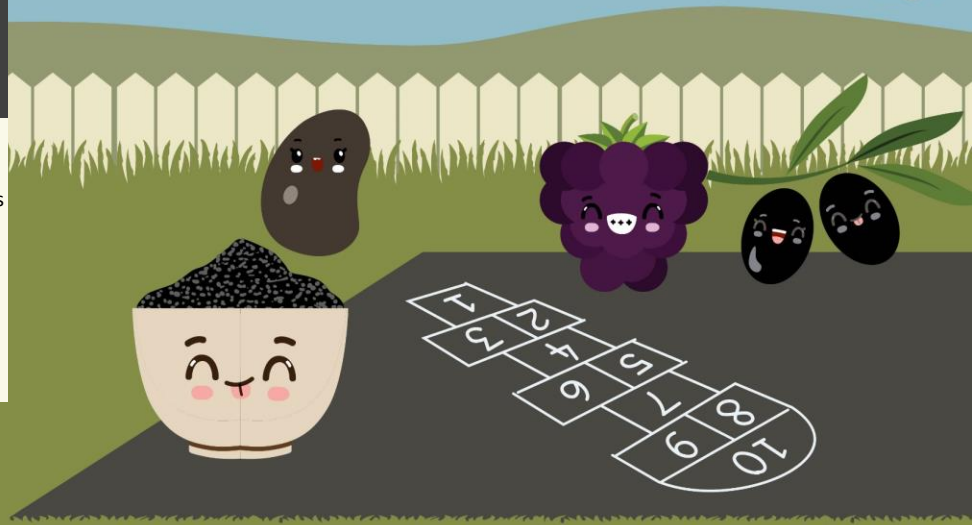
- Monday: Applesauce & WG Goldfish Crackers
- Tuesday: Fresh Cucumber Slices with Ranch dressing & WG Nacho Doritos
- Wednesday: Baby Carrots with Ranch dressing & Cheese Stick
- Thursday: Yogurt & WG Graham Crackers
- Friday: WG Muffin & Fresh Apple Slices

1% White Milk served daily at breakfast and lunch

WG- Whole Grain



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>WG Blueberry Muffin & Cheese Stick Cinnamon Applesauce</p> <hr/> <p>WG Beef Soft Tacos Black Beans Mandarin Oranges</p>	<p style="text-align: right;">4</p> <p>WG Mini Maple Waffles Apple Slices</p> <hr/> <p>Chicken & Noodles w/ WG Dinner Roll Green Beans Pears</p>	<p style="text-align: right;">5</p> <p>WG Strawberry Bagel Strawberry Applesauce</p> <hr/> <p>WG Fish Sticks & Pierogies Green Peas Orange Wedges</p>	<p style="text-align: right;">6</p> <p>WG Vanilla Confetti Waffle Mixed Fruit Cup</p> <hr/> <p>WG Chicken Nuggets & WG Dinner Roll Steamed Broccoli Applesauce</p>	<p style="text-align: right;">7</p>
<p style="text-align: right;">10</p> <p>WG Apple Cinnamon Muffin & Cheese Cinnamon Applesauce</p> <hr/> <p>WG Popcorn Chicken & WG Dinner Roll Steamed Broccoli Mandarin Oranges</p>	<p style="text-align: right;">11</p> <p>WG Chicken Cheddar Stuffed Waffle Apple Slices</p> <hr/> <p>WG Pizza Crunchers & Sauce Green Beans Pears</p>	<p style="text-align: right;">12</p> <p>WG Honey Cheerios Strawberry Applesauce</p> <hr/> <p>Chicken Filet Sandwich on WG Bun Baked Beans Orange Wedges</p>	<p style="text-align: right;">13</p> <p>WG Sausage, Egg, & Cheese Burrito Mixed Fruit Cup</p> <hr/> <p>Chicken & WG Waffles Tater Tots Applesauce</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">17</p> <p>WG Mini Confetti Pancakes Cinnamon Applesauce</p> <hr/> <p>Chicken Drumstick & WG Dinner Roll Mashed Potatoes Mandarin Oranges</p>	<p style="text-align: right;">18</p> <p>WG Apple Frudel Apple Slices</p> <hr/> <p>WG Doritos Walking Taco Black Beans Pears</p>	<p style="text-align: right;">19</p> <p>WG Cinnamon Swirl Roll Strawberry Applesauce</p> <hr/> <p>Boneless Wings & WG Soft Pretzel Rod Smiley Fries Orange Wedges</p>	<p style="text-align: right;">20</p> <p>WG Turkey Pancake Wrap Mixed Fruit Cup</p> <hr/> <p>Penne Chicken Alfredo & WG Garlic Toast Green Beans Applesauce</p>	<p style="text-align: right;">21</p> <p>WG Mini Blueberry Waffles Mixed Berry Applesauce</p> <hr/> <p>Cheese Pizza Steamed Broccoli Peaches</p>
<p style="text-align: right;">24</p> <p>WG Banana Muffin & Cheese Stick Cinnamon Applesauce</p> <hr/> <p>WG Pizza Sticks & Sauce Steamed Broccoli Mandarin Oranges</p>	<p style="text-align: right;">25</p> <p>WG Cinnamon French Toast Apple Slices</p> <hr/> <p>WG Beef Soft Tacos Black Beans Pears</p>	<p style="text-align: right;">26</p> <p>WG Honey Cheerios Strawberry Applesauce</p> <hr/> <p>WG Rotini & Meatballs Green Beans Orange Wedges</p>	<p style="text-align: right;">27</p> <p>WG Sausage, Egg, & Cheese Burrito Mixed Fruit Cup</p> <hr/> <p>WG French Toast Sticks & Sausage Tater Tots Applesauce</p>	<p style="text-align: right;">28</p> <p>Vanilla Yogurt & WG Graham Crackers Mixed Berry Applesauce</p> <hr/> <p>Cheese Pizza Seasoned Corn Peaches</p>
<p style="text-align: right;">31</p> <p>WG Chocolate Muffin & Cheese Stick Cinnamon Applesauce</p> <hr/> <p>WG Popcorn Chicken Bowl & WG Dinner Roll Seasoned Corn Mandarin Oranges</p>		<p>National School Breakfast Week March 3-7</p>		

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:

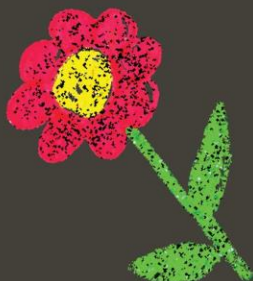
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

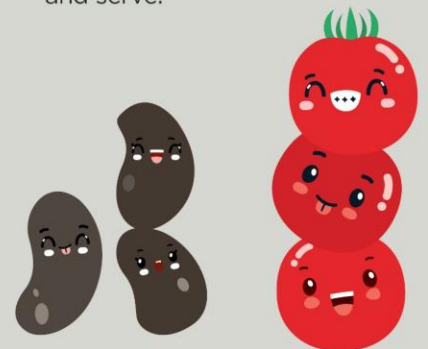
Serves 4

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.