

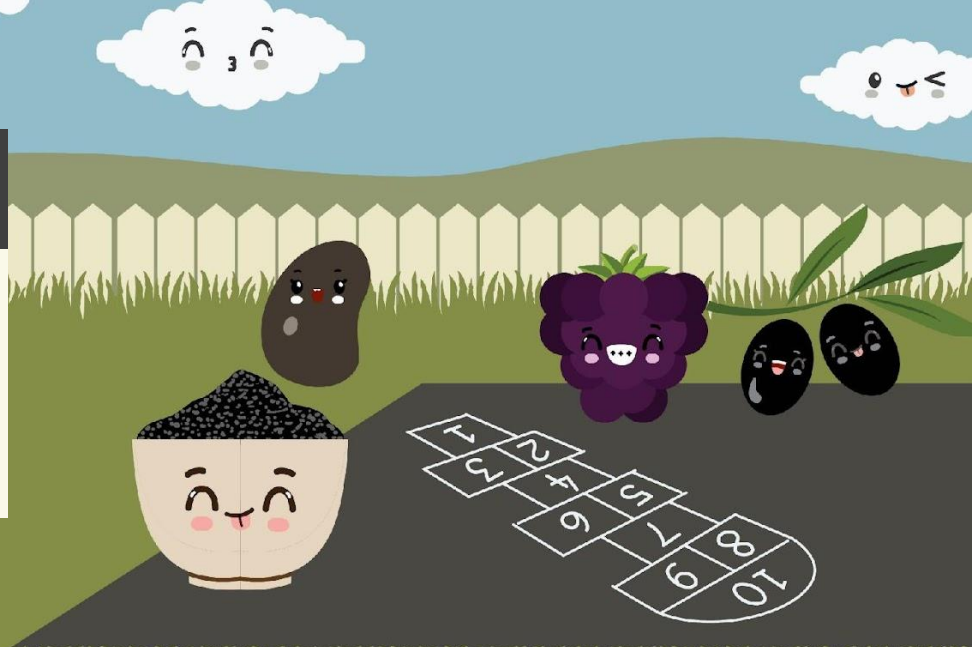
MARCH 2025 –

Questions or Concerns? Email Food
Service Director Anthony at
Damico-Anthony@Aramark.com

Breakfast Price:
Paid: \$2.00
Reduced: \$.30

Lunch Price:
Paid: \$3.25
Reduced: \$.40

ACE'S CORNER



Sun Butter & Jelly Sandwich offered at lunch daily

White and Chocolate Milk Available Daily

*Items may contain pork

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Beef Tacos Chicken Patty Sandwich Blueberry Parfait	3	Cheese Quesadilla Boneless Wings w/Goldfish Sun Butter & Jelly Sandwich	4	Grilled Cheese Pancake Bites w/Scrambled Egg Turkey & Cheese Sub	5	Thai Chicken Tender Bowl Hot Dog Make Your Own Bagel Pizza	6	Choice of Pizza Cheeseburger Muffin, String Cheese, Yogurt Pack	7
Black Beans Romaine Salad Mixed Fruit or Orange Assorted Juice Box		Chef's Choice Fries Cucumber Coins Diced Pears or Banana Assorted Juice Box		Steamed Carrots Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box		Steamed Corn Edamame Cup Applesauce or Pear Assorted Juice Box		Spinach Salad Red Pepper Strips Diced Pineapple or Apple Assorted Juice Box	
Cheeseburger Chicken Tender w/Pretzel Rod Make Your Own Flatbread Pizza	10	Beef Nachos Signature Chicken Patty Sandwich Strawberry Parfait w/Cracker	11	Spaghetti w/Meat Sauce Chicken Nuggets w/Pretzel Rod Sun Butter & Jelly Sandwich	12	Waffles w/Turkey Links Mini Corn Dogs w/Goldfish Ham & Cheese Sub	13	No School	
Baked Beans Fresh Baby Carrots Mixed Fruit or Oranges Assorted Juice Box		Chef's Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box		Steamed Green Peas Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box		Steamed Corn Red Pepper Strips Applesauce or Pear Assorted Juice Box			
Cheesy Bacon Tater Tot Bowl Chicken Nuggets w/Goldfish Muffin, String Cheese Yogurt Pack	17	Meatball Sandwich French Toast Sticks w/Sausage Sun Butter & Jelly Sandwich	18	Nacho Cheese Walking Taco Hot Dog Garden Salad w/Pretzel	19	Bacon Cheeseburger Grilled Cheese Make Your Own Bagel Pizza	20	Choice of Pizza Chicken Patty Sandwich Blueberry Parfait w/Cracker	21
Chef's Choice Fries Red Pepper Strips Mixed Fruit Cup or Orange Assorted Juice Box		Steamed Broccoli Fresh Broccoli Diced Pears or Banana Assorted Juice Box		Baked Beans Cucumber Coins Diced Peaches or Apple Slices Assorted Juice Box		Mashed Potatoes Celery Sticks Applesauce or Pear Assorted Juice Box		Spinach Salad Fresh Baby Carrots Diced Pineapple or Apple Assorted Juice Box	
No School		No School		No School		No School		No School	
Grilled Cheese Mac & Cheese w/Mini Corn Dogs Turkey & Cheese Sub	31								
Chef's Choice Fries Fresh Baby Carrots Mixed Fruit Cup or Orange Assorted Juice Box									

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:

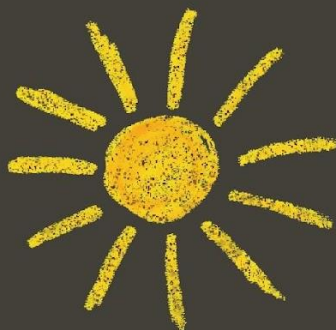
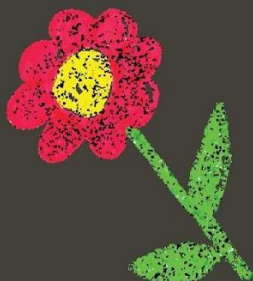
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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.**