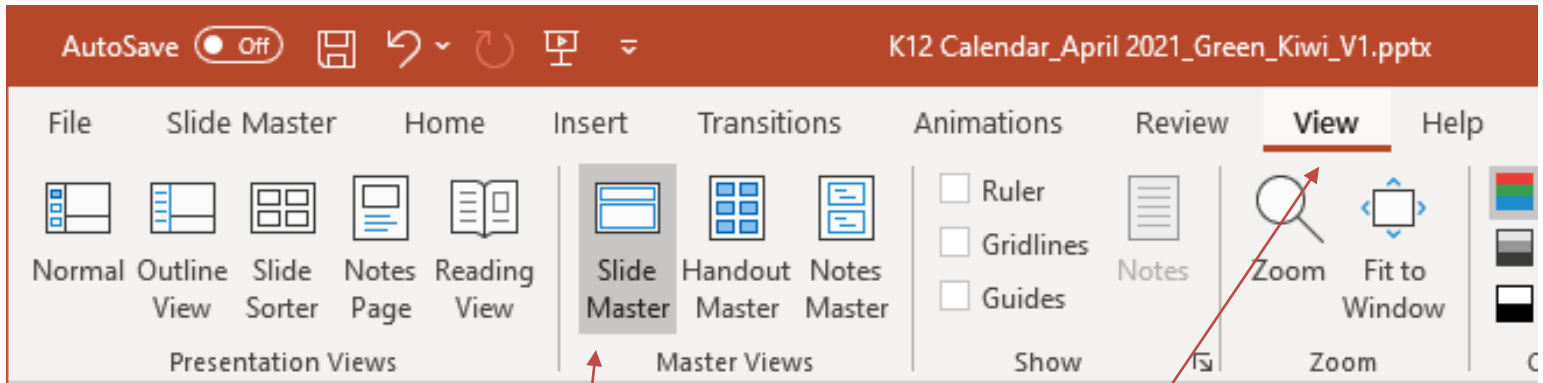
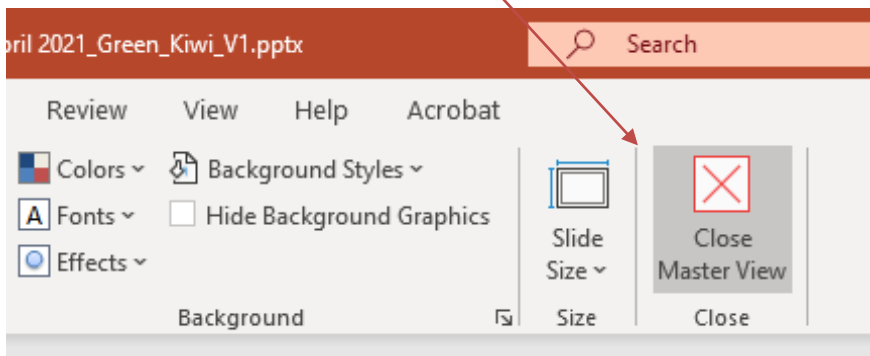


DIRECTIONS FOR EDITING CALENDAR



1. Click on the **Slide Master** found in the **View** tab
2. Select the Master Slide with the **calendar**
3. Double Click in each cell to edit date
HINT: Hit Tab to advance cell to cell
4. **Close Master View** (found in header/ribbon)



5. Edit year, Add logo, and populate your menu on Slide 2
6. Work with local vendor for printing



MARCH 2024



All breads are whole grain
All juice is 100 % fruit juice
Fresh fruit & vegetables

served daily
Choice of white or chocolate
milk

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option



Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Protein packs include: Yogurt, string cheese, & Goldfish crackers or a soft pretzel				1 Mini Cinni Bagel A. Cheese Pizza B. Green Eggs & Ham C. SBJ Read Across America Day
4 Fudge Poptart A. Chicken Patty Sliders B. Hot Dog C. SBJ	5 Breakfast Pizza A. Spaghetti w/ meat sauce B. Ham & Cheese Melt C. SBJ	6 Benefit Bar 	7 Frudel A. French Toast & Sausage B. Beef Nachos C. SBJ	8 Muffin w/ String Cheese A. Cheese Pizza B. Meatball Sub C. SBJ Meatball Day
11 Mini Chocolate Donuts A. Mini Corn Dogs w/ Mac N Cheese B. Chicken Nuggets C. SBJ	12 Mini Waffles A. BBQ Rib B. Pizza Aceable C. SBJ	13 Blueberry Muffin Top A. Popcorn Chicken B. Pizza Quesadilla C. SBJ	14 Lumberjack A. Pulled Pork Nachos B. BBQ Bacon Cheddar Chicken Flatbread C. SBJ	15 Beneift Bar A. Cheese Pizza B. Cheesy Penne Pasta C. SBJ
18 Strawberry Pop Tart A. Soft Tacos B. Cheeseburger C. SBJ	19 Mini Blueberry Waffle A. Horseshoe B. Corn Dog C. SBJ	20 Cinnamon Toast Crunch Cereal Bar A. Lasagna w/Garlic Bread B. Chicken Patty Sandwich C. SBJ	21 Yogurt w/ Crackers A. Bosco Sticks w/Sauce B. Protein Pack w/ Pretzel C. SBJ	22 Mini Cinni Bagel A. Cheese Pizza B. Hot Dog C. SBJ
25 Benefit Bar A. Meatball Sub B. Protein Pack w/ Goldfish C. SBJ	26 Frudel A. Chicken Sandwich w/Raider Sauce B. Cheeseburger C. SBJ	27 Breakfast Pizza A. Broccoli & Cheese Baked Potato w/Roll B. Nuggets C. SBJ	28 	29 

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



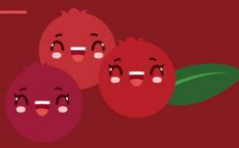
Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



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

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



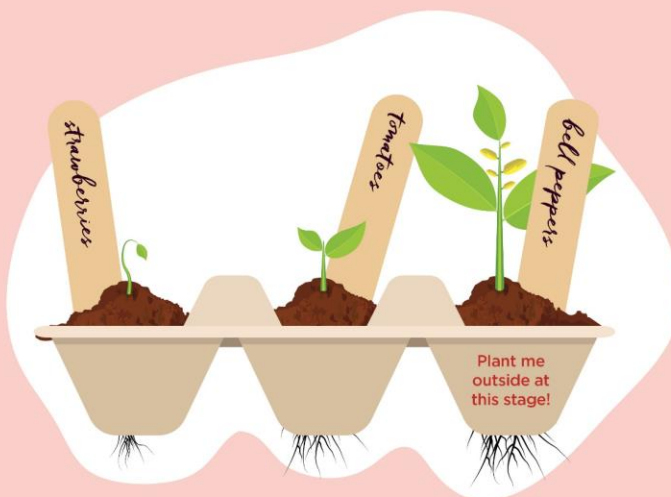
POMEGRANATES:
Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

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.**