



MARCH 2025 Bond

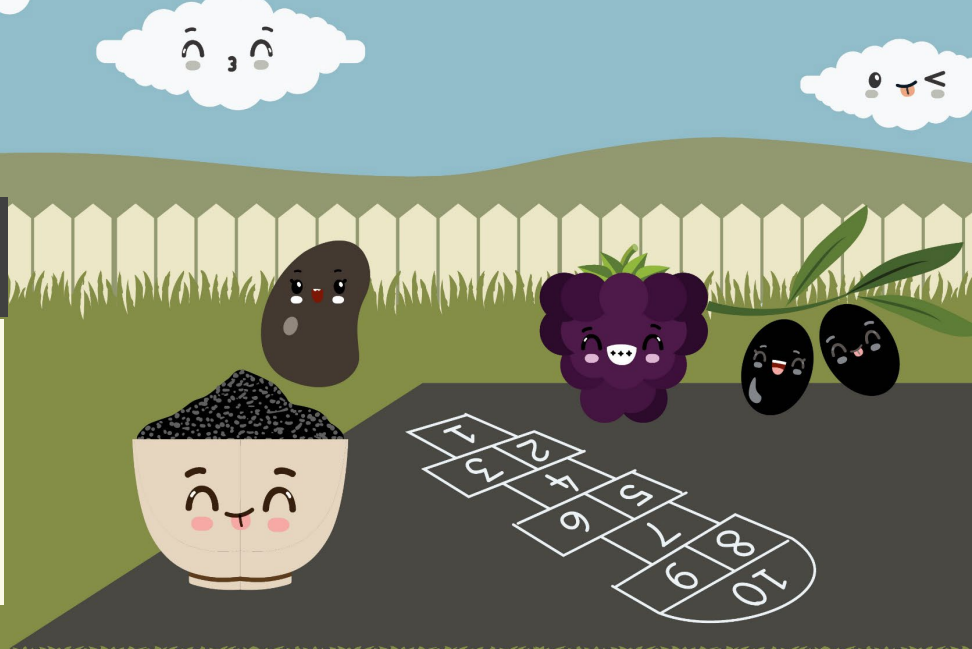
More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER

Menus subject to change



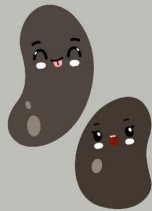
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>Blueberry Bread</u></p> <p>A. Chicken Patty SDW B. Ham Chef Salad C. Sun Butter & Jelly SDW</p>	<p>4</p> <p><u>Fudge Pop-Tart w/ String Cheese</u></p> <p>A. Twin Soft Beef Tacos B. Chili C. Sun Butter & Jelly SDW</p>	<p>5</p> <p><u>Confetti Pancakes</u></p> <p>A. Donut w/ Egg Patty B. Pretzel & Cheese C. Sun Butter & Jelly SDW</p>	<p>6</p> <p><u>Muffin Top</u></p> <p>A. Orange Glazed Popcorn Chicken w/ Fried Rice B. Cheeseburger C. Sun Butter & Jelly SDW</p>	<p>7</p> <p><u>Mini Cinnamon Crunch Bagel</u></p> <p>A. Cheese Pizza B. Taco Salad C. Sun Butter & Jelly SDW</p>
<p>10</p> <p><u>Pop Tart w/ String Cheese</u></p> <p>A. Macaroni & Cheese B. Meatball Sub C. Sun Butter & Jelly SDW</p> <p>National Meatball Day</p>	<p>11</p> <p><u>Lemon Bread</u></p> <p>A. Bosco Cheese Sticks w/ Pizza Dunking Sauce B. Hot Dog C. Sun Butter & Jelly SDW</p>	<p>12</p> <p><u>Yogurt w/ Crackers</u></p> <p>A. BBQ Ribb B. Chicken Nuggets C. Sun Butter & Jelly SDW</p>	<p>13</p> <p><u>Trix French Toast</u></p> <p>A. Waffles & Sausage B. Mini Corn Dogs C. Sun Butter & Jelly SDW</p>	<p>14</p> <p><u>No School</u></p>
<p>17</p> <p><u>No School</u></p>	<p>18</p> <p><u>Mini Strawberry Cream Cheese Bagel</u></p> <p>A. Pulled Pork SDW B. Beef Nachos C. Sun Butter & Jelly SDW</p>	<p>19</p> <p><u>Mini Caramel Cinnis</u></p> <p>A. Horseshoe B. Popcorn Chicken C. Sun Butter & Jelly SDW</p>	<p>20</p> <p><u>Mini Blueberry Waffles</u></p> <p>A. Lumberjack B. Chicken Patty SDW C. Sun Butter & Jelly SDW</p>	<p>21</p> <p><u>Cherry Frudel</u></p> <p>A. Cheese Pizza B. Fish Sticks C. Sun Butter & Jelly SDW</p>
<p>24</p> <p><u>Oatmeal Chocolate Chip Benefit Bar</u></p> <p>A. Italian Mozzarella Cheese Dunkers B. Ham Chef Salad C. Sun Butter & Jelly SDW</p>	<p>25</p> <p><u>Breakfast Pizza</u></p> <p>A. Chicken Tenders B. Cheeseburger C. Sun Butter & Jelly SDW</p>	<p>26</p> <p><u>Lumberjack</u></p> <p>A. Chicken & Noodles B. Turkey Chef Salad C. Sun Butter & Jelly SDW</p>	<p>27</p> <p><u>Apple Frudel</u></p> <p>A. French Toast Sticks w/ Sausage Patty B. Ham & Cheese Aceable C. Sun Butter & Jelly SDW</p>	<p>28</p> <p><u>Pop Tart w/ String Cheese</u></p> <p>A. Cheese Pizza B. Grilled Cheese C. Sun Butter & Jelly SDW</p>
<p>31</p> <p><u>Pumpkin Bread</u></p> <p>A. Mini Corn Dogs B. Chicken Patty SDW C. Sun Butter & Jelly SDW</p>	<p>National School Breakfast Week 3-7 March</p> <p>We will have a class competition. The classroom that has the highest participation percent for the week wins an ice cream treat!</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*

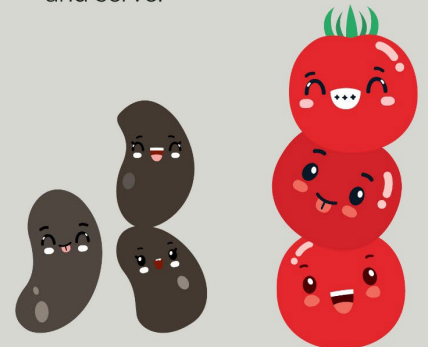
Serves 4

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.**