



MARCH 2026 Bond

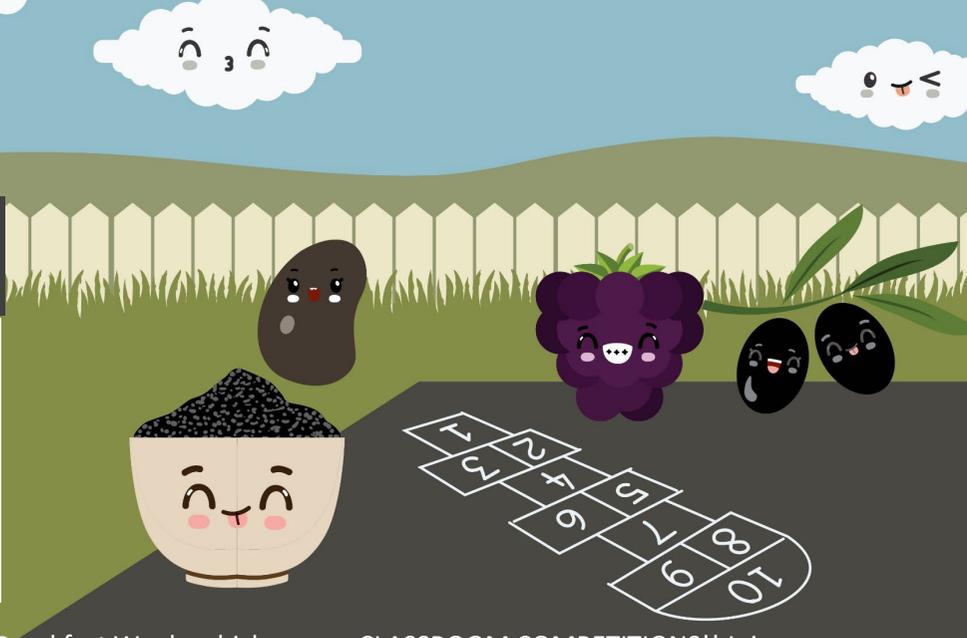
More Info...

- 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

2-6 March is National School Breakfast Week, which means CLASSROOM COMPETITIONS!! Join us for breakfast this week & the classroom with the highest participation will receive a class pizza party!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Yogurt w/ Crackers Assorted Cereal</p> <p>A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly</p>	<p>3</p> <p>Mini Cinnamon Cream Cheese Bagel Assorted Cereal</p> <p>A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sub</p>	<p>4</p> <p>Donut Holes Assorted Cereal</p> <p>A. Chicken Patty Sandwich B. Cheeseburger C. Sun Butter & Jelly</p>	<p>5</p> <p>Apple Frudel Assorted Cereal</p> <p>A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad</p>	<p>6</p> <p>Banana Chocolate Benefit Bar Assorted Cereal</p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>9</p> <p>Chocolate Chip Breakfast Round Assorted Cereal</p> <p>A. Bosco Sticks B. Hamburger C. Sun Butter & Jelly</p>	<p>10</p> <p>Vanilla Confetti Snack'n Assorted Cereal</p> <p>A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub</p>	<p>11</p> <p>Trix French Toast Assorted Cereal</p> <p>Half Day!</p>	<p>12</p> <p>Lumberjack Assorted Cereal</p> <p>A. Glazed Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad</p>	<p>13</p> <p>Cinnamon Bun Crackers Assorted Cereal</p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>16</p> <p>Nutri-Grain Bar Assorted Cereal</p> <p>A. Meatball Sub B. Corn Dog C. Sun Butter & Jelly</p>	<p>17</p> <p>Sausage, Egg & Cheese Breakfast Burrito Assorted Cereal</p> <p>A. Horseshoe B. Hot Dog C. Turkey & Cheese Sub</p>	<p>18</p> <p>Mini Strawberry Cream Cheese Bagel Assorted Cereal</p> <p>A. Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter & Jelly</p>	<p>9</p> <p>Cinnamon Toast Crunch Cereal Bar Assorted Cereal</p> <p>A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Taco Salad</p>	<p>20</p> <p>Cinnamon Breakfast Bun Assorted Cereal</p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>23</p> <p>Oatmeal Chocolate Chip Bar Assorted Cereal</p> <p>A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter & Jelly</p>	<p>24</p> <p>Cheese Bosco Breadstick Assorted Cereal</p> <p>A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham & Cheese Sandwic</p>	<p>25</p> <p>Mini Confetti Pancakes Assorted Cereal</p> <p>A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly</p>	<p>26</p> <p>Pop-Tart Assorted Cereal</p> <p>A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad</p>	<p>27</p> <p>Pumpkin Breakfast Bread Assorted Cereal</p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>30</p> <p>Pop-Tart Assorted Cereal</p> <p>A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Sun Butter & Jelly</p>	<p>31</p> <p>Mini Cinnamon Rolls Assorted Cereal</p> <p>A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub</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:

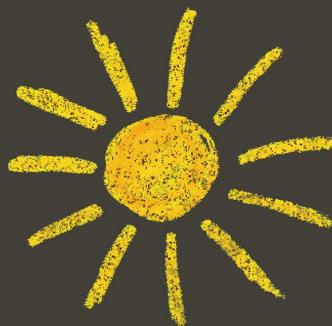
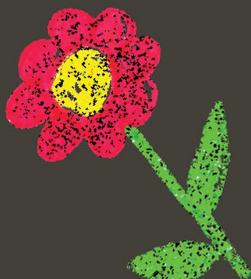
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

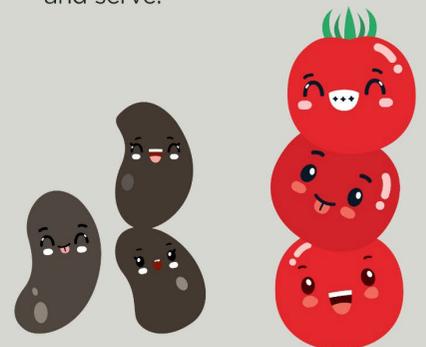
Serves 4

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.