



MARCH 2026 Gregory

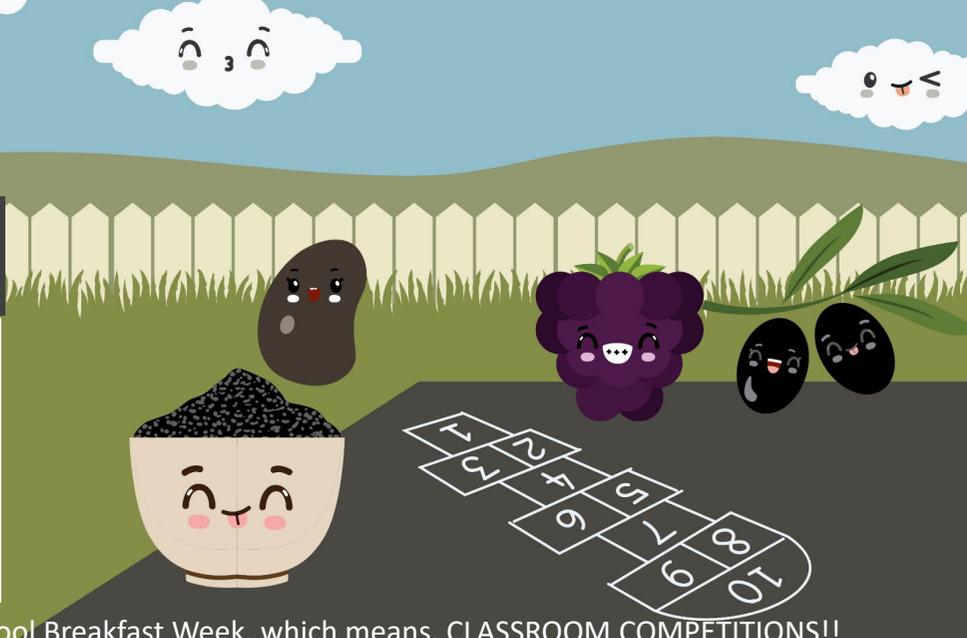
More Info...

- 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>French Toast Sticks w/ Egg Patty 2</p> <p>A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly</p>	<p>Breakfast Pizza 3</p> <p>A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly</p>	<p>Breakfast Burrito 4</p> <p>A. Chicken Patty Sandwich B. Cheeseburger C. Apple, Yogurt & Cheese Pack D. Sun Butter & Jelly</p>	<p>Breakfast Sandwich 5</p> <p>A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad D. Sun Butter & Jelly</p>	<p>Donut 6</p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly</p>
<p>Pancakes w/ Egg Patty 9</p> <p>A. Bosco Sticks B. Hamburger C. Vegetable Baja Salad D. Sun Butter & Jelly</p>	<p>Breakfast Pizza 10</p> <p>A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly</p>	<p>Breakfast Burrito 11</p> <p>Half Day!</p>	<p>Breakfast Sandwich 12</p> <p>A. Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad D. Sun Butter & Jelly</p>	<p>Donut 13</p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly</p>
<p>Waffles w/ Sausage Patty 16</p> <p>A. Corn Dog B. Meatball Sub C. Chicken & Cheese Salad D. Sun Butter & Jelly</p>	<p>Breakfast Pizza 17</p> <p>A. Horseshoe B. Cheese Quesadilla C. Turkey & Cheese Sandwich D. Sun Butter & Jelly</p>	<p>Breakfast Burrito 18</p> <p>A. Popcorn Chicken w/ Biscuit B. Hot Dog C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly</p>	<p>Breakfast Sandwich 9</p> <p>A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Taco Salad D. Sun Butter & Jelly</p>	<p>Donut 20</p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly</p>
<p>Bosco Cheese Stick 23</p> <p>A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Popcorn Chicken Salad D. Sun Butter & Jelly</p>	<p>Breakfast Pizza 24</p> <p>A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly</p>	<p>Breakfast Burrito 25</p> <p>A. Spaghetti w/ Meat Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly</p>	<p>Breakfast Sandwich 26</p> <p>A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly</p>	<p>Donut 27</p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly</p>
<p>Biscuit w/ Sausage Gravy 30</p> <p>A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly</p>	<p>Breakfast Pizza 31</p> <p>A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly</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:

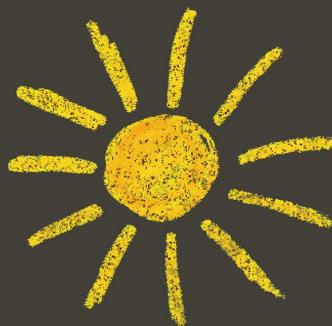
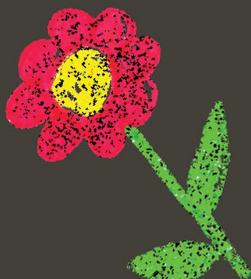
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

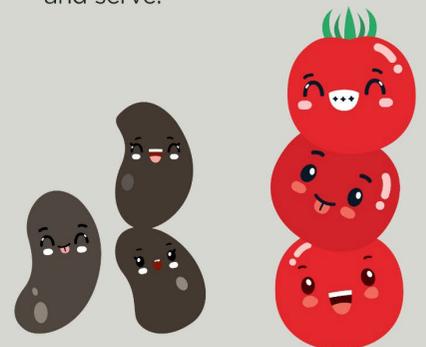
Serves 4

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.