

MARCH 2026



DAILY OPTIONS:
Lunch Option C = SBJ
Assorted Milk all meal periods

ACE'S CORNER

Breakfast Prices Lunch Prices
Paid: \$1.95 Paid: \$2.55
Reduced: \$0.30 Reduced: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Benefit Bar 02 Apple Slices & Grape Juice A. Cheeseburger B. MYO Flatbread Pizza Mashed Potatoes w/ Gravy & Broccoli Mixed Fruit & Fruit Juice	Yogurt & Grahams 03 Fresh Orange & Fruit Juice A. Chicken Patty Sliders B. Pulled Pork Nachos Corn & Red Pepper Strips Pears & Apple Juice	Egg & Cheese Croissant 04 Applesauce & Orange Juice A. Chicken Fried Rice B. Chicken Patty Sandwich Mixed Veg & Edamame Peaches & Grape Juice	Apple Frudel 05 Banana & Fruit Juice A. French Toast w/ Sausage B. Hot Dog Celery Sticks & Ruby Rush Juice Warm Apples & Banana	Cheerios 06 Craisins & Apple Juice A. Cheese OR Pepperoni Pizza B. Grilled Cheese Spinach Salad & Baby Carrots Apple & Fruit Juice National Cereal Day!!!
Ultimate Breakfast Round 09 Apple Slices & Grape Juice A. Mini Corn Dogs w/ Mac & Cheese B. Popcorn Chicken w/ Breadstick French Fries & Celery Sticks Mixed Fruit & Fruit Juice	Vanilla Confetti Waffles 10 Fresh Orange & Fruit Juice A. Beef Nachos B. BBQ Riblet Street Corn & Fresh Broccoli Pears & Apple Juice	Celebration Benefit Bar 11 Applesauce & Raisins Early Release : Sack Lunch Turkey & Cheese Sandwich Baby Carrots, Cucumber Slices Apple & Juice	Turkey Pancake Wrap 12 Banana & Fruit Juice A. Cheesy Baked Penne B. Chicken Nuggets w/ Breadstick Refried Beans & Cucumber Slices Banana & Applesauce	Cinnamon Bun Crackers 13 Craisins & Apple Juice A. Cheese OR Pepperoni Pizza B. Three Cheese Salad W/ Breadstick Mix Veg & Baby Carrots Apple & Fruit Juice
Blueberry Bread 16 Apple Slices & Grape Juice A. Beef Tacos B. Pretzel, Yogurt & Cheese Pack Black Beans & Romaine Salad Mixed Fruit & Fruit Juice	Sausage, Egg & Cheese Burrito 17 Fresh Orange & Fruit Juice A. Broccoli and Cheese Baked Potato B. Corn Dog Tater Tots & Pickled Cucumbers Pears & Apple Juice	Sausage Muffin 18 Applesauce & Orange Juice A. Mini Pancakes w/ Cheese Omelet B. BBQ Riblet Celery Sticks & Baby Carrots Warm Peaches & Grape Juice	Chocolate Crescent 19 Banana & Fruit Juice A. Honey Stung Popcorn Chicken w/ Biscuit B. Grilled Cheese Spiral Fries & Broccoli Banana & Applesauce	Cinnamon Breakfast Bun 20 Craisins & Apple Juice A. Cheese OR Pepperoni Pizza B. Three Cheese Salad w/ Breadstick Spinach Salad & Red Peppers Apple & Fruit Juice
Benefit Bar 23 Apple Slices & Grape Juice A. Pulled Pork Sandwich B. Popcorn Chicken w/ Breadstick Steamed Broccoli & Baby Carrots Mixed Fruit & Fruit Juice	Mystery Breakfast!!! 24 Fresh Orange & Fruit Juice A. Chicken Patty Sandwich w/ Signature Sauce B. Taco Wedges Waffle Fries & Broccoli Pears & Apple Juice	Powdered Sugar Donut 25 Applesauce & Orange Juice A. Spaghetti w/ Meat Sauce & Breadstick B. Chicken Nuggets w/ Breadstick Baked Beans & Celery Sticks Peaches & Grape Juice	Breakfast Pizza 26 Banana & Fruit Juice A. Waffles w/ 2 Sausage Links B. Cheeseburger Red Pepper Strips & Ruby Rush Juice Banana & Applesauce	No School 27 Spring Break
No School 30 Spring Break	No School 31 Spring Break			Munch Madness Entrée Bracket Stop by and vote for your favorite entrée! The winning entrée will be featured for a full week in April!



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:

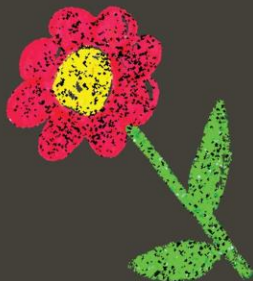
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

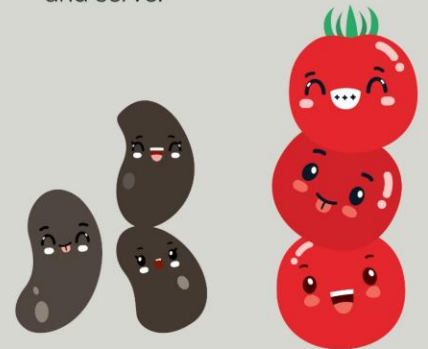
Serves 4

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.