



# Stormonth MARCH 2023



**Lunch Prices**  
 Paid: \$2.70  
 Reduced: \$0.40  
 Adult Meal: \$4.65  
 Milk without a Meal: \$0.45

ACE'S CORNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Now Hiring!!</b>                      Food Service is Hiring!  <i>Work While Kids are in School</i>                      Great Benefits                      Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>	<p>1% White Milk &amp; Skim                      Chocolate Milk Offered Daily!</p>	<p>1                      Chicken Patty Sandwich                      Meatball Sub                      Peach Yogurt Parfait w/Cheez-Itz                      Peaches, Blueberries                      Corn, and Red Pepper Strips</p>	<p>2                      French Toast Sticks w/ Eggs                      Chicken Nuggets                      Turkey &amp; Cheese Sub                      Craisins, Pears                      Carrots, and Cucumbers</p>	<p>3                      NO SCHOOL!</p>
<p>6                      Bosco Sticks                      Popcorn Chicken                      Make Your Own Pizza Flatbread                      Peaches, Mixed Fruit                      Spinach, and Corn</p>	<p>7                      Chicken Nachos                      Hamburger                      Ham &amp; Cheese Sub*                      Applesauce, Pears                      Baked Beans, and Cucumbers</p>	<p>8                      Mini Corn Dogs                      Chicken Patty Sandwich                      Blueberry Yogurt Parfait w/Cheez-Itz                      Peaches, Blueberries                      Baby Carrots, and Fries</p>	<p>9                      Waffles w/Sausage                      Grilled Cheese                      Turkey &amp; Cheese Sub                      Mixed Fruit, Craisins                      Carrots, and Celery</p>	<p>10                      Cheese Pizza                      Chicken Quesadilla                      Muffin, String Cheese &amp; Yogurt Pack                      Pears, Juice                      Green Beans, and Peas</p>
<p>13                      Cheeseburger                      Mini Corn Dogs                      Make Your Own Pizza Bagel                      Peaches, Pears                      Mashed Potatoes, and Corn</p>	<p>14                      Beef Tacos                      Chicken Nuggets                      Turkey &amp; Cheese Sub                      Oranges, Strawberries                      Potato Smiles, and Spinach</p>	<p>15                      Popcorn Chicken w/ Roll                      Turkey Hot Dog                      Peach Yogurt Parfait w/Cheez-Itz                      Mixed Fruit, Peaches                      Fries, and Baked Beans</p>	<p>16                      French Toast Sticks w/ Sausage                      BBQ Pork Rib Sandwich*                      Ham &amp; Cheese Sub                      Craisins, Pears                      Carrots, and Red Pepper Strips</p>	<p>17                      Cheese Pizza                      Hamburger                      Muffin, String Cheese &amp; Yogurt Pack                      Juice, Peaches                      Peas, and Baby Carrots</p>
<p>20                      Mini Corn Dogs                      Chicken Patty Sandwich                      Make Your Own Pizza Flatbread                      Mixed Fruit, Pears                      Corn, and Mashed Potato</p>	<p>21                      Beef Nachos                      Cheesy Pizza Sticks                      Ham &amp; Cheese Sub*                      Apple, Mixed Fruit                      Garbanzo Beans, and Broccoli</p>	<p>22                      Chicken Nuggets                      Cheeseburger                      Peach Yogurt Parfait w/Cheez-Itz                      Pears, Peaches                      Fries, and Red Pepper</p>	<p>23                      Waffles w/ Eggs                      Ham &amp; Cheese Melt*                      Turkey &amp; Cheese Sub                      Craisins, Peaches                      Cucumber, and Potato Smiles</p>	<p>24                      Cheese Pizza                      Fish Sticks                      Muffin, String Cheese &amp; Yogurt Pack                      Mixed Fruit, Juice                      Peas, and Carrots</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
<p><b>NO SCHOOL!</b></p>				

# 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

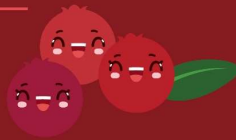


Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



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

**CRANBERRIES:** Hearty dose of quercetin, fiber, & antioxidants  
*Peak Season:* Sep. - Nov.



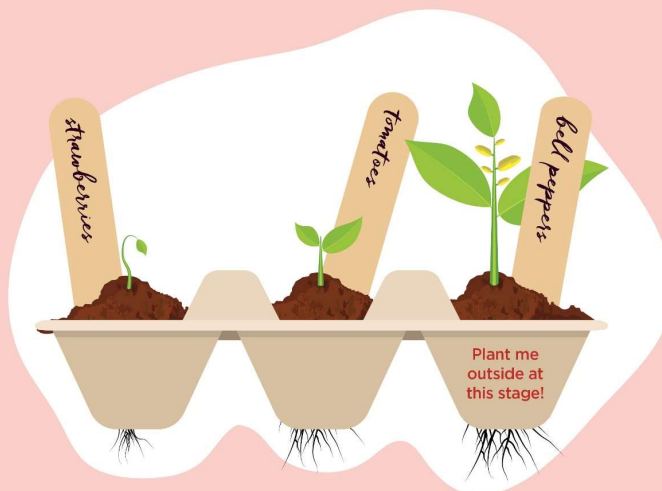
**POMEGRANATES:** Bursting with fiber, protein, & folate  
*Peak Season:* Sep. - Nov.

## 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.**