

Headstart March 2026

OFFERED DAILY:

1% White Milk

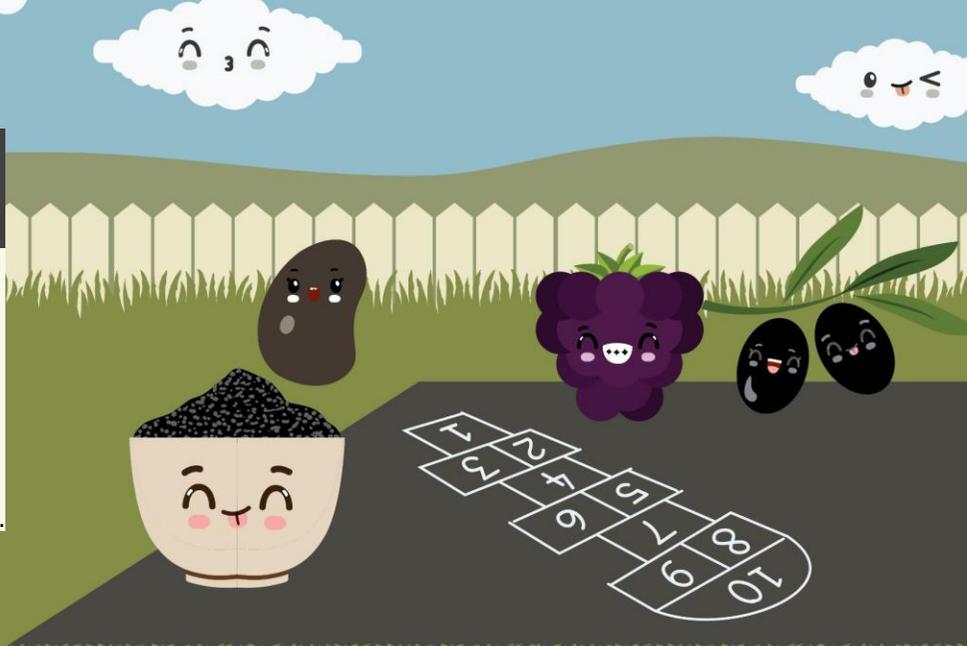
¼ Cup of Fruit & Vegetables

All Grains are Whole Grain



ACE'S CORNER

Menu subject to change without notice.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
No School	Chicken Patty Sandwich Red Peppers & Pears	Cheeseburger Kickin Pintos & Peaches	Waffles w/ Sausage Patty Tater Tots & Warm Cinnamon Apples	Pepperoni Pizza Broccoli & Apple
9	10	11	12	13
Cheeseburger Celery & Mixed Fruit	French Toast w/ Sausage Patties Broccoli & Pears	Pizzadilla Red Peppers & Peaches	Chicken Patty Sandwich Waffle Fries & Applesauce	Cheese Pizza Baked Beans & Fruit Juice
16	17	18	19	20
Pretzel, Yogurt & Cheese Pack French Fries & Mixed Fruit	Cheeseburger Green Pepper Strips & Pears	Chicken Patty Sandwich Kickin Pintos & Peaches	Chicken Tenders Broccoli & Applesauce	Pepperoni Pizza Red Peppers & Apple
23	24	25	26	27
Pizza Meatball Sub Red Pepper Strips & Mixed Fruit	Taco Wedges Cauliflower & Apple Juice	Chicken Patty Sandwich Baked Beans & Peaches	Waffles w/ Sausage Patty Waffle Fries & Applesauce	Cheese Pizza Celery & Apple
30	31		<div style="border: 2px solid purple; padding: 10px; background-color: #4b4b8b; color: white;"> <p>March Madness Celebration March 17th Rice Krispie Treat with each Hot Lunch</p> </div>	
No School	No School			

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:

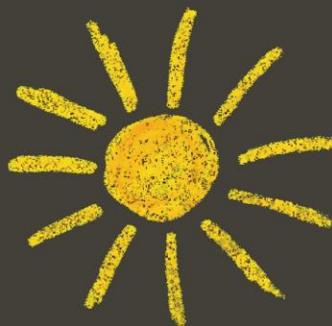
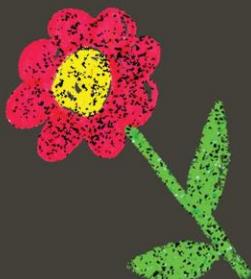
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

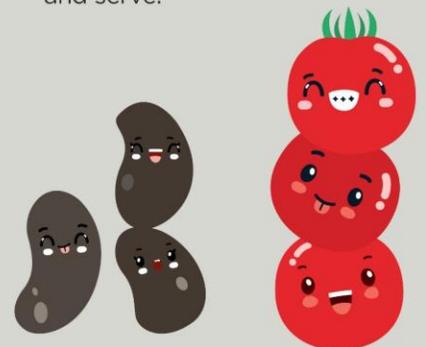
Serves 4

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.