

Menta March 2026

Daily Breakfast Offerings:

Fresh or Canned Fruit
Juice & Milk

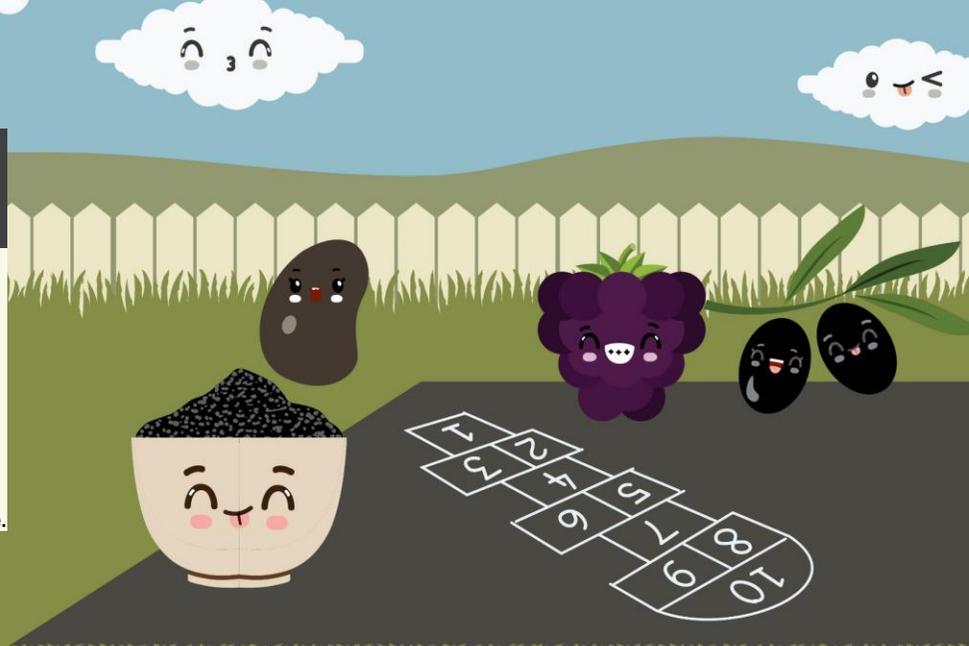
Daily Lunch Offerings:

Cheeseburgers & Chicken Patty
Sandwich
Fresh or Canned Fruit & Vegetables
Juice & Milk

Menu subject to change without notice.



ACE'S CORNER



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| No School | 2 Biscuit w/ Jelly & Cheese Stick Orange & Fruit Juice Hawaiian Pizza Red Peppers & Pears <i>HS – Corn & Apple Juice</i> | 3 Mini Cinnamon Cream Cheese Bagel Applesauce & Orange Juice Hot Dog on a Bun Kickin' Pintos & Peaches <i>HS – Baby Carrots & Grape Juice</i> | 4 Apple Frudel Banana & Apple Juice Waffles w/ 2 Sausage Patty Tater Tots & Warm Cinnamon Apples <i>HS – Grape Tomatoes & Banana</i> | 5 Glazed Donut Craisins & Apple Juice Pepperoni Pizza Mashed Potatoes & Apple <i>HS – Broccoli & Fruit Juice</i> |
| 9 Bagel w/ Cream Cheese & Cheese Stick Apple Slices & Grape Juice Popcorn Chicken w/ Pretzel Rod Baby Carrots & Mixed Fruit <i>HS – Celery & Fruit Juice</i> | 10 Vanilla Confetti Waffles Orange & Fruit Juice French Toast w/ Sausage Patty Broccoli & Pears <i>HS – Tater Tots & Apple Juice</i> | 11 Mini Trix French Toast Applesauce & Orange Juice Pizzadilla Refried Beans & Peaches <i>HS – Red Peppers & Grape Juice</i> | 12 Turkey Pancake Wrap Banana & Apple Juice Cheeseburger Pizza Waffle Fries & Applesauce <i>HS – Cucumbers & Banana</i> | 13 Egg & Cheese Croissant Craisins & Apple Juice Cheese Pizza Ruby Rush & Fruit Juice <i>HS – Baked Beans & Apple</i> |
| 16 Sausage Biscuit Apple Slices & Grape Juice Pretzel, Yogurt & Cheese Pack Refried Beans & Mixed Fruit <i>HS – French Fries & Fruit Juice</i> | 17 Yogurt & Grahams Orange & Fruit Juice Corn Dog Tater Tots & Pears <i>HS – Green Pepper Strips & Apple Juice</i> | 18 Mini Choc Chip French Toast Applesauce & Orange Juice Bean & Cheese Burrito Baby Carrots & Peaches <i>HS – Kickin' Pintos & Grape Juice</i> | 19 Chocolate Crescent Banana & Apple Juice Chicken Tenders w/ Pretzel Rod Broccoli & Applesauce <i>HS – Ruby Rush & Banana</i> | 20 Powdered Sugar Donut Craisins & Apple Juice Pepperoni Pizza Red Pepper Strips & Apple <i>HS – Green Beans & Fruit Juice</i> |
| 23 Egg & Ham English Muffin Apple Slices & Grape Juice Pizza Meatball Sub Baby Carrots & Mixed Fruit <i>HS – Broccoli & Fruit Juice</i> | 24 Bosco Stick Orange & Fruit Juice Taco Wedges Green Beans & Apple Juice <i>HS – Cauliflower & Pears</i> | 25 Yogurt & Cheez It Applesauce & Orange Juice Hot Dog on Bun Baked Beans & Peaches <i>HS – Tater Tots & Grape Juice</i> | 26 Breakfast Pizza Banana & Apple Juice Waffles w/ Sausage Patties Waffle Fries & Applesauce <i>HS – Ruby Rush & Banana</i> | 27 Mini Maple Pancakes Craisins & Apple Juice Cheese Pizza Celery & Apple <i>HS – Kickin' Pintos & Fruit Juice</i> |
| 30 Chicken Biscuit Apple Slices & Grape Juice MYO Pizza Bagel French Fries & Mixed Fruit <i>HS – Grape Tomatoes & Fruit Juice</i> | 31 Mini Cinni's Orange & Fruit Juice Chicken Tenders w/ Pretzel Rod Baby Carrots & Pears <i>HS – Broccoli & Apple Juice</i> | | <div style="border: 1px solid black; padding: 10px; background-color: #4b4b8b; color: white;"> March Madness Celebration March 17th Rice Krispie Treat with each Hot Lunch </div> | |

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:

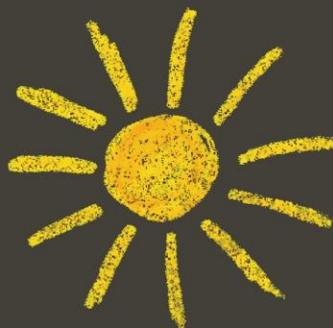
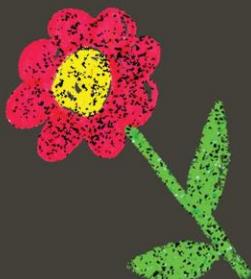
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

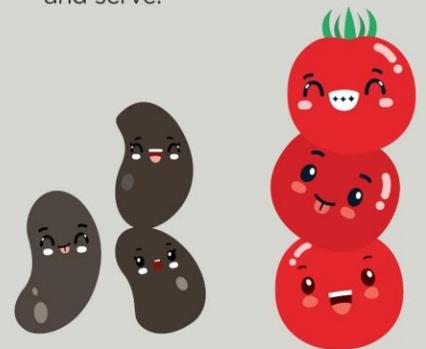
Serves 4

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.