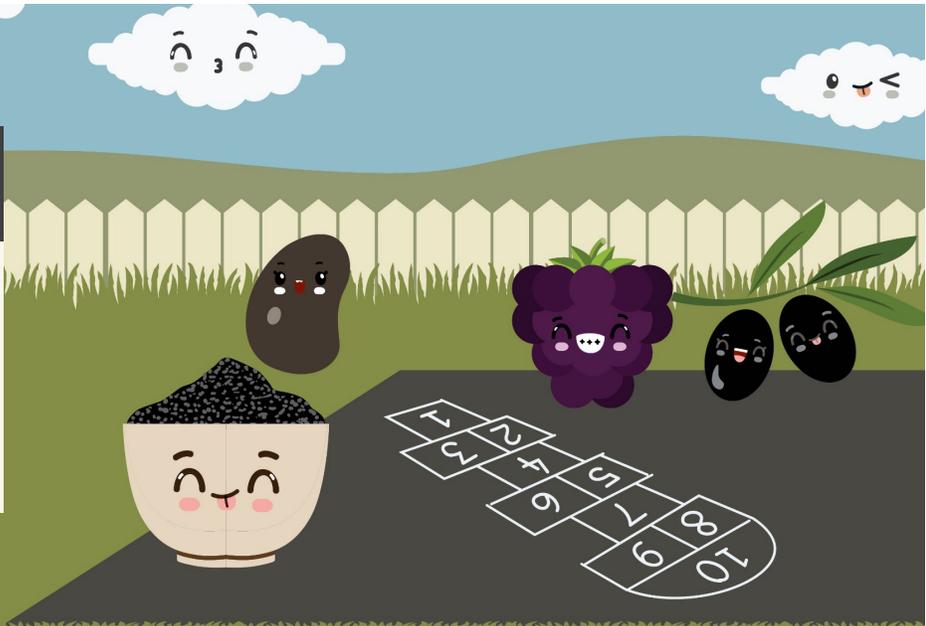


# MARCH 2026

Students can choose to add ½ cup of fruit. ½ cup of vegetable and 8oz of milk to their meal. Students must add at least one fruit or one vegetable to their meal to have a complete meal



## ACE'S CORNER



Sunbutter and Jelly Sandwich at lunch daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty Sliders 02 Hot Dog Sunbutter Sandwich Bagel Pizza Pack Popcorn Chicken Salad & Roll Fresh Broccoli Mashed Potatoes & Gravy Mixed Fruit or Whole Orange	Turkey Barbacoa Tacos 03 Chicken Tenders & Breadstick Sunbutter Sandwich Chicken Ham Sandwich Chicken Ham Chef Salad & Roll Corn Red Pepper Strips Diced Pears Whole Banana	Cheesy Baked Penne Pasta 04 Breadstick Cheeseburger Apple Salad & Roll Turkey Chef Salad Sunbutter Sandwich Peas/Carrots or Edamame Diced Peaches or Apple Slices	French Toast & Sausage 05 Chicken Nugget & Breadstick Egg Chef Salad & Roll Sunbutter Sandwich Green Beans or Celery Sticks Warm Cinnamon Apples Whole Pear	Cheese or Pepperoni Pizza 06 Grilled Cheese Pretzel and Yogurt Pack Baja Salad & Roll Sunbutter Sandwich Side Spinach Salad Fresh Baby Carrots Mandarin Oranges Apricot Halves
Alfredo Pasta and Chicken 09 Breadstick Spicy Popcorn Chicken & Breadstick Sunbutter Sandwich Turkey and Cheese Sub Chicken Ham Chef Salad & Roll Crinkle Fries or Celery Sticks Mixed Fruit or Whole Orange	Beef Nachos 10 Chicken Tenders & Breadstick Sunbutter Sandwich Turkey Chef Salad & Roll Refried Beans Street Corn Diced Pears Whole Banana	Popcorn Chicken Bowl 11 Breadstick Pizza Quesadilla Sunbutter Sandwich Egg Chef Salad & Roll Pretzel and Yogurt Pack Fresh Broccoli Red Pepper Strips Diced Peaches or Apple Slices	Buffalo Pizza Sticks 12 Chicken Nuggets & Breadstick Sunbutter Sandwich Turkey and Cheese Sandwich Vegetable Salad & Roll Tater Tots Fresh Cucumbers Applesauce Whole Pear	Cheese or Pepperoni Pizza 13 March Madness Basket Sunbutter Sandwich Diced Chicken Salad & Roll California Mixed Vegetables Fresh Baby Carrots Apricot Halves Pineapple
Chorizo Empanada 16 Popcorn Chicken & Garlic Toast Sunbutter Sandwich Chicken Ham Chef Salad & Roll Fresh Broccoli Fresh Carrots Mixed Fruit Whole Orange	BBQ Meatball Sub Melt 17 Pizza Quesadilla Sunbutter Sandwich Popcorn Chicken Salad & Roll Waffle Fries Fresh Broccoli Diced Pears Whole Banana	Orange Chicken with Rice 18 Chicken Nugget & Breadstick Sunbutter Sandwich Pretzel and Yogurt Pack Baja Salad & Roll Baked Beans Diced Peaches Apple Slices	Waffles & Sausage 19 Mini Corn Dog & Breadstick Chicken Ham Sandwich Egg Chef Salad & Roll Sunbutter Sandwich Peas and Carrots Applesauce Cup Whole Pear	Cheese Pizza 20 Veg Rainbow Flatbread Pizza Cheeseburger Sunbutter Sandwich Turkey and Cheese Sub Turkey Chef Salad & Roll Fresh Cucumber Side Salad Apricot Halves or Whole Apple
Spaghetti Carbonara 23 Breadstick Chicken Nugget & Breadstick Sunbutter Sandwich Vegetable Salad & Roll Spiral Fries Red Pepper Strips Mixed Fruit Whole Orange	Walking Taco 24 Cheeseburger Sunbutter Sandwich Chicken Ham Sandwich Turkey Chef Salad & Roll Pinto Beans Fresh Broccoli Diced Pears Whole Banana	Cheese Omelet & Sausage 25 Chicken Tenders & Breadstick Sunbutter Sandwich Pretzel and Yogurt Pack Popcorn Chicken Salad & Roll California Mixed Vegetables Celery Sticks Apple Slices Diced Peaches	Bacon Cheeseburger 26 Mini Corn Dog & Breadstick Sunbutter Sandwich Diced Chicken Salad & Roll Roasted Carrots Fresh Cauliflower Applesauce Cup Whole Pear	Cheese or Peperoni Pizza 27 Grilled Cheese Sunbutter Sandwich Hummus Pack Chicken Ham Chef Salad & Roll Side Spinach Salad Fresh Squash
Fish Bites & Crackers 30 Chicken Nugget & Breadstick Sunbutter Sandwich Vegetable Salad & Roll Crinkle Fries Red Pepper Strips Mixed Fruit Whole Orange	Buffalo Chicken Mac & Cheese 31 Breadstick Cheeseburger Sunbutter Sandwich Pretzel and Yogurt Pack Diced Chicken Salad & Roll Roasted Baby Carrots Fresh Broccoli Diced Pears or Whole Banana			



# 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:

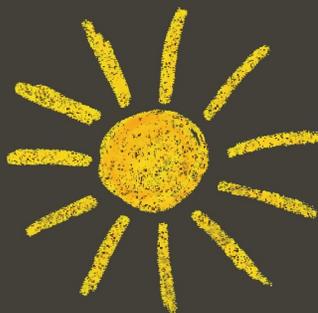
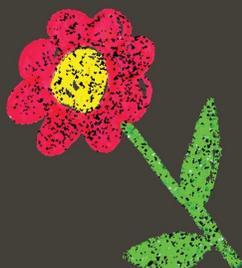
Hearty dose of protein, iron, & antioxidants  
Peak Season: Sep.–Oct.



**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.



## 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.**