

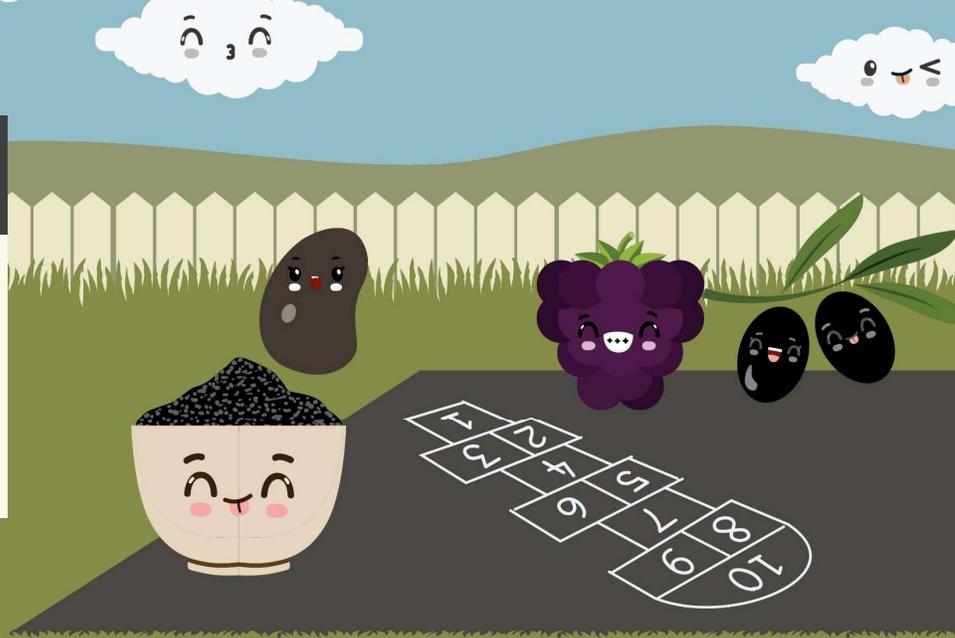
MARCH 2026 Breakfast

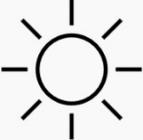
PICK 2 You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO* of the following: **cereal**, **string cheese**, **toast** or **yogurt**.

ACE'S CORNER

- Milk Available Daily**
- 1% White Milk
- 1% Chocolate Milk
- 1% Strawberry Milk



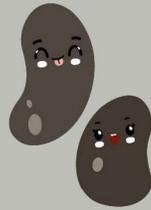
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3 Country Chicken & Cheese Biscuit Donut Holes</p> <hr/> <p>Cereal/ Graham Crackers Banana Fruit Juice</p>	<p>4 Sausage Pancake on a Stick Apple Strudel</p> <hr/> <p>Cereal/ Graham Crackers Apple Fruit Juice</p>	<p>5 Scrambled Eggs & Sausage Chocolate Glazed Donut</p> <hr/> <p>Cereal/ Graham Crackers Mixed Fruit Fruit Juice</p>	<p>6 Biscuit & Gravy/Sausage Yogurt Parfait</p> <hr/> <p>Cereal/ Graham Crackers Applesauce Fruit Juice</p>
	<p>9 10 Sausage Egg & Cheese Biscuit Donut Holes</p> <hr/> <p>Yogurt/String Cheese Apple Fruit Juice</p>	<p>11 Breakfast Pizza Strawberry Cream Cheese Bagel</p> <hr/> <p>Yogurt/String Cheese Banana Fruit Juice</p>	<p>12 Breakfast Burrito Glazed Cinnamon Roll</p> <hr/> <p>Yogurt/String Cheese Mixed Fruit Cup Fruit Juice</p>	<p>13 Ham Egg & Cheese Bagel Breakfast Smoothie</p> <hr/> <p>Yogurt/String Cheese Orange Fruit Juice</p>
	<p>16 17 Sausage & Egg Croissant Donut Holes</p> <hr/> <p>Cereal/ Graham Crackers Apple Fruit Juice</p>	<p>18 Pancake Bites Blueberry Muffin</p> <hr/> <p>Cereal/ Graham Crackers Mixed Fruit Fruit Juice</p>	<p>19 French Toast Sticks/Tots Glazed Donut</p> <hr/> <p>Cereal/ Graham Crackers Applesauce Fruit Juice</p>	<p>20 Biscuit & Gravy/Hashbrown Yogurt Parfait</p> <hr/> <p>Cereal/ Graham Crackers Peaches Fruit Juice</p>
	<p>23 24 Waffle/Sausage Patty Donut Holes</p> <hr/> <p>Yogurt/String Cheese Apple Fruit Juice</p>	<p>25 Monte Cristo Breakfast Casserole Cinnamon Toast Crunch Bar</p> <hr/> <p>Yogurt/String Cheese Banana Fruit Juice</p>	<p>26 Country Chicken & Cheese Biscuit Glazed Cinnamon Roll</p> <hr/> <p>Yogurt/String Cheese Pear Fruit Juice</p>	<p>27 Cheesy Scrambled Egg & Hashbrown Breakfast Smoothie</p> <hr/> <p>Yogurt/String Cheese Applesauce Fruit Juice</p>
	<p>30 31 Pancake on a Stick Donut Holes</p> <hr/> <p>Cereal/ Graham Crackers Apple Fruit Juice</p>			

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:

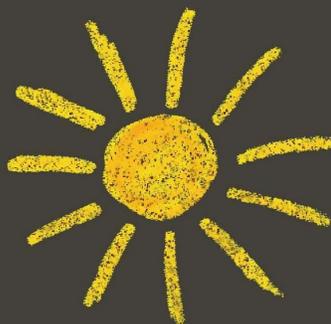
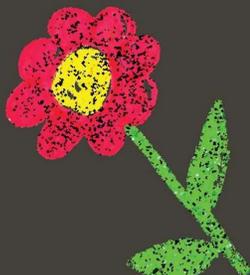
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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*

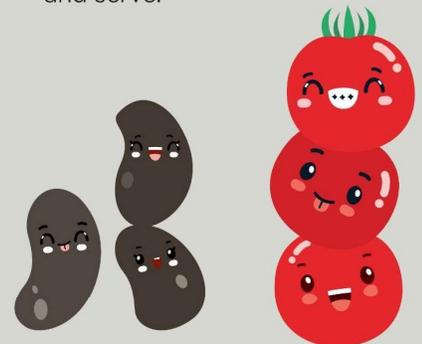
Serves 4

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.**