

MARCH 2024

Breakfast & lunch are **FREE** for all students!

A selection of a la carte items are available for purchase in the cafeteria during lunch.

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

ACE'S CORNER

Offered Daily at Lunch –

C. Soybutter & Jelly Sandwich Meal

D. Cheese Sandwich

Hot vegetable or fruit is written in green.

Visit the fresh fruit & vegetable bar available daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Menus are subject to change. Due to labor & product shortages resulting from the pandemic, expect menu adjustments.				Glazed Donut Strawberry Craisins 1 Half Day No Lunch
Cereal Bowl Tiger Bite Crackers Apple Slices 4 A. All Beef Hot Dog B. Egg Chef Salad & Dinner Roll Potato Wedge Fries	Banana Chocolate Chunk BeneFIT Bar Raisins 5 A. Rotini with Meatballs & a Breadstick B. Three Cheese Sub Green Beans	Bagel & Cream Cheese Applesauce Cup 6 A. French Toast Sticks & Turkey Sausage Links B. Fruit & Yogurt Plate Warm Cinnamon Apples	Cherry Frudel Banana 7 Half Day No Lunch	Mini Confetti Pancakes Strawberry Craisins 8 A. Cheese Pizza (Round) B. Yogurt & Cheese Lunch Pack Carrot Coins
Cereal Bar Graham Crackers Apple Slices 11 A. Mini Chicken Corn Dogs B. Turkey & Cheese Sub French Fries	Mini Waffles Mixed Berry Fruit Cup 12 A. Chicken Tenders & Dinner Roll B. Cheesy Romaine Salad & Dinner Roll Diced Carrots	Nutri-Grain Bar Cheese Cubes Apple 13 A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll Sweet Golden Corn	UBR Cinnamon Breakfast Round Raisins 14 A. Spicy Chicken Mole Tacos B. Apple, Yogurt & Cheese Plate & Dinner Roll Refried Beans	French Toast BeneFIT Bar Banana 15 A. Fish Sandwich with Cheese B. Chicken Ham & Cheese Sub Rainbow Vegetable Blend Shamrock Sugar Cookie
Cereal Bowl Cheez-It Crackers Apple Slices 18 A. Cheese Quesadilla B. Diced Chicken Salad & Dinner Roll Chipotle Campfire Beans	Lemon Bread Slice Fresh Pear 19 A. Chicken Patty Sandwich B. Tropical Smoothie with Muffin Tater Tots Smoothie Day!	Mini Cream Cheese Bagels Applesauce Cup 20 A. Mini Pancakes & Turkey Sausage Links B. Italian Salad & Dinner Roll Warm Cinnamon Peaches	Pop-Tart Yogurt Cup Banana 21 A. Beef Nachos B. Turkey & Cheese Sandwich Sweet Golden Corn	Blueberry Bread Slice Strawberry Craisins 22 A. French Bread Cheese Pizza B. Egg Chef Salad & Dinner Roll Steamed Cauliflower
No School Spring Break 25	No School Spring Break 26	No School Spring Break 27	No School Spring Break 28	No School Spring Break 29

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:

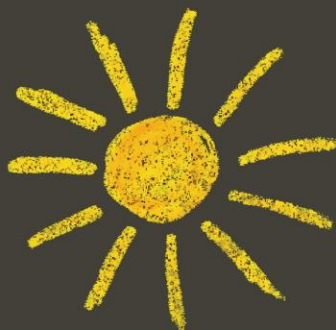
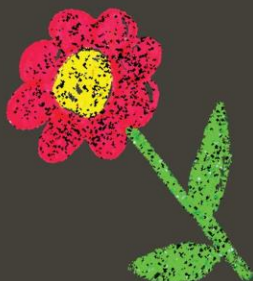
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



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.**