

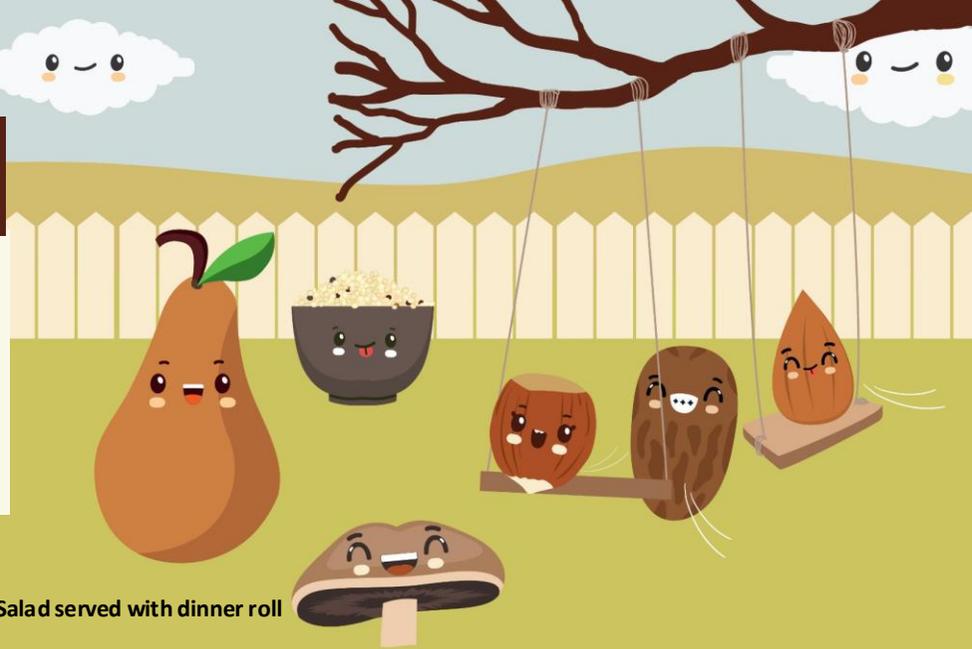
# MARCH 2026



**Lunch Prices**  
**Student: \$2.95**  
**Adult: \$4.00**

ACE'S CORNER

All lunches MUST include a fruit, vegetable or 100% vegetable juice and MAY include skim, 1% or skim chocolate milk



**Available Everyday:**

Sunbutter & Jelly sandwich on WG bread served with a cheese stick  
 Chicken Caesar Salad served with dinner roll

WG Bagel served with a cheese stick & low-fat yogurt

Drinking water and cups are available in all cafeterias

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Penne Alfredo Garlic Breadstick Steamed Broccoli	3 Beef Nachos Cinnamon Churro Kickin' Pinto Beans	4 Honey Stung Popcorn Chicken Soft Pretzel Roasted Carrots	5 Pancakes Turkey Sausage Baked Tator Tots	6 Cheese or Pepperoni Pizza Romaine Garden Salad Cucumber Coins
Weekly Specials:	Hot: Chicken Tenders & Dinner Roll Cold: Hummus & Veggie Flatbread Lunch Kit			
9 Cheese Ravioli Garlic Knot Parmesan Roasted Garbanzo Beans	10 Twin Beef Soft Tacos Sante Fe Rice Steamed Corn Salsa	11 BBQ & Cheddar Chicken Tender Melt Baked French Fries	12 <b>EARLY DISMISSAL</b> Bagel Fun Lunch OR Sunbutter & Jelly OR Pepperoni Pizza Lunch Kit Baby Carrots	13 Cheese Pizza Crunchers Romaine Garden Salad Green Beans
Weekly Specials: Hot: Cheddar Cheese Quesadilla Cold: Pepperoni Pizza Flatbread Lunch Kit				
16 Macaroni & Cheese Soft Pretzel Glazed Carrots	17 Chicken Parmesan Melt Italian Bean Salad	18 Orange Chicken & Rice Bowl Snap Peas	19 Chicken Sausage & Pancake Dippers Turkey Sausage Baked Tator Tots	20 Cheese or Meatball Pizza Romaine Garden Salad
Weekly Specials: Hot: Hamburger or Cheeseburger on WG Bun Cold: Blueberry Greek Yogurt Parfait with Granola				
23 Spaghetti & Meatballs Garlic Breadstick Seasoned Green Beans	24 Twin Beef Crunchy Tacos Salsa Black Beans	25 Tex Mex Popcorn Chicken WG Dinner Roll Roasted Carrots	26 Homestyle Waffles Turkey Sausage Baked Tator Tots	27 Cheese or Pepperoni Pizza Steamed Broccoli
Weekly Specials: Hot: Meatball Parmesan Grinder Cold: Chicken Caesar Pasta Salad and Dinner Roll				

**Rotating Seasonal Fresh Fruit & Vegetable Selection Available Everyday**

We offer 2 fresh fruits and 2 fresh vegetables everyday. Selections are based on seasonal availability and may include:

- Fruits: Apple, Orange, Pear, Peach, Plum, Strawberry, Blueberry, Cantaloupe, Honeydew, Watermelon, Grapes, Pineapple & Banana
- Vegetables: Carrots, Cucumber, Celery, Broccoli, Bell Pepper Strips, Corn, Snap Peas & Grape Tomatoes

# TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

## DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



**ALMONDS:** Bursting with, fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

**BROWN PEAR:** Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



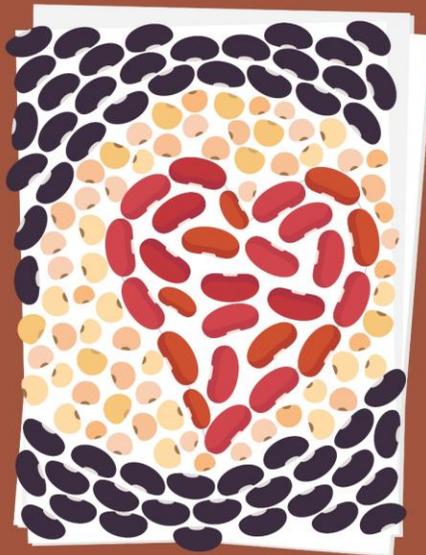
**QUINOA:** Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

## CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



**ACE'S**  
RECIPE OF THE  
MONTH:

## HEALTHY-YET-DELICIOUS BROWNIES\*

Serves 16

### INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

### PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

**\*DO NOT attempt to cook, bake, or blend without adult supervision.**