

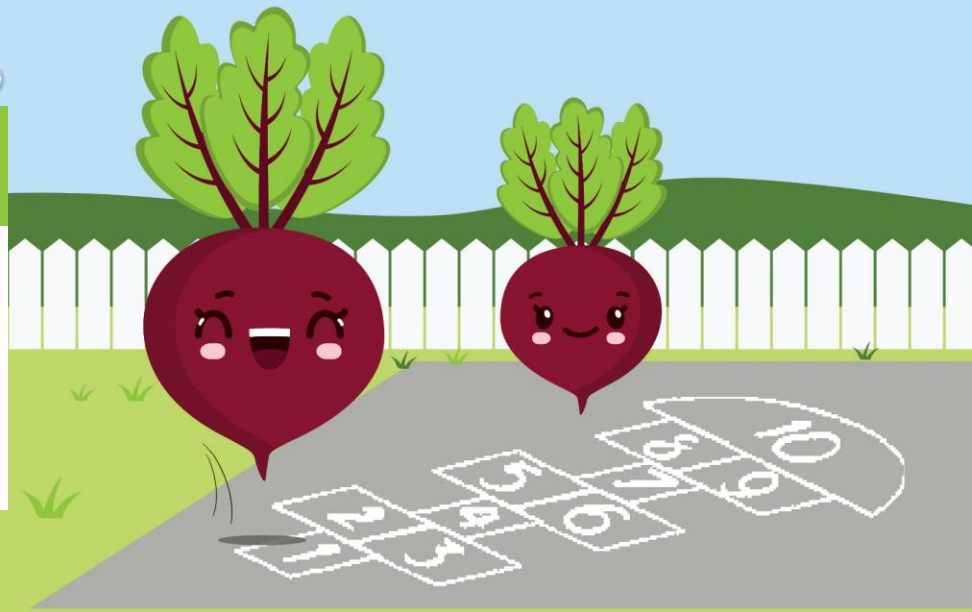
MARCH 2023

--Breakfast Menu--

Breakfast is **FREE**
for all students!



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Fruity Cheerios & String Cheese Fresh Apple Fruit Juice	02 Ubr Round Fresh Banana Fruit Juice	03 Golden Grahams Cereal & String Cheese Fresh Apple Fruit Juice
No School 06	07 Cinni Minnis Applesauce Fruit Juice	08 Maple Mini Waffles Fresh Orange Fruit Juice	09 Ubr Round Fresh Banana Fruit Juice	10 Strawberry Cheerio Bar & String Cheese Fresh Apple Fruit Juice
13 Strawberry Mini Bagel Fresh Apple Fruit Juice	14 Triple Berry French Toast Applesauce Fruit Juice	15 Trix Cereal & Animal Crackers Fresh Orange Fruit Juice	16 Ubr Round Fresh Banana Fruit Juice	17 Scooby Crackers Yogurt Fresh Apple Fruit Juice
20 Belly Bears & Cheese Cubes Fresh Orange Fruit Juice	21 Cinni Minnis Fresh Banana Fruit Juice	22 Golden Grahams Cereal & Yogurt Fresh Apple Fruit Juice	23 Trix Cereal & Scooby Crackers Fresh Apple Fruit Juice	24 Triple Berry Waffles Applesauce Fruit Juice
27 Animal Crackers String Cheese Fresh Apple Fruit Juice	28 Cinni Minnis & String Cheese Applesauce Fruit Juice	29 Maple Mini Waffles Fresh Orange Fruit Juice	30 Ubr Round Fresh Banana Fruit Juice	31 Strawberry Cheerio Bar & String Cheese Fresh Apple Fruit Juice

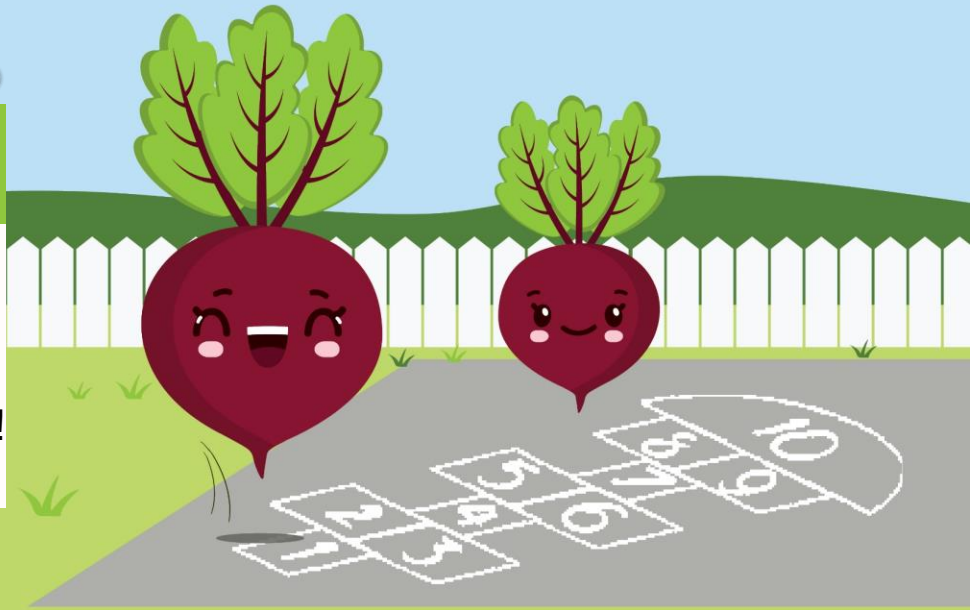
MARCH 2023

--Menú de desayuno--

El desayuno es GRATIS
para todos los estudiantes!



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Cheerios afrutados y Queso en tiras Manzana fresca Jugo de fruta	02 Ronda de Ubr Plátano fresco Jugo de fruta	03 Grahams de Oro Cereal y Queso en tiras Manzana fresca Jugo de fruta
06 No hay clases	07 Mini rollo de Canela Pure de manzana Jugo de fruta	08 Mini waffles de arce Naranja fresca Jugo de fruta	09 Ronda de Ubr Plátano fresco Jugo de fruta	10 Barra de Fresa Cheerio Queso en tiras Manzana fresca jugo de fruta
13 Mini Bagel de Fresa Manzana fresca Jugo de fruta	14 Tostada francesa de triple baya Pure de manzana Jugo de fruta	15 Cereal Trix y Galletas de animales Naranja fresca Jugo de fruta	16 Ronda de Ubr Plátano fresco Jugo de fruta	17 Galletas Scooby Yogur Manzana fresca Jugo de fruta
20 Galletitas de Ositos & Cubos de queso Naranja fresca Jugo de fruta	21 Mini rollo de Canela Plátano fresco Jugo de fruta	22 Grahams de Oro Cereales y Yogur Manzana fresca Jugo de fruta	23 Trix Cereal y Galletas Scooby Manzana fresca Jugo de fruta	24 Waffles de fresa Pure de manzana Jugo de fruta
27 Galletas de animales Queso en tiras Manzana fresca Jugo de fruta	28 Mini rollo de Canela Jugo de manzana Jugo de fruta	29 Mini waffles de arce Naranja fresca Jugo de fruta	30 Ronda de Ubr Plátano fresco Jugo de fruta	31 Barra Strawberry Cheerio y Queso en tiras Manzana fresca Jugo de fruta

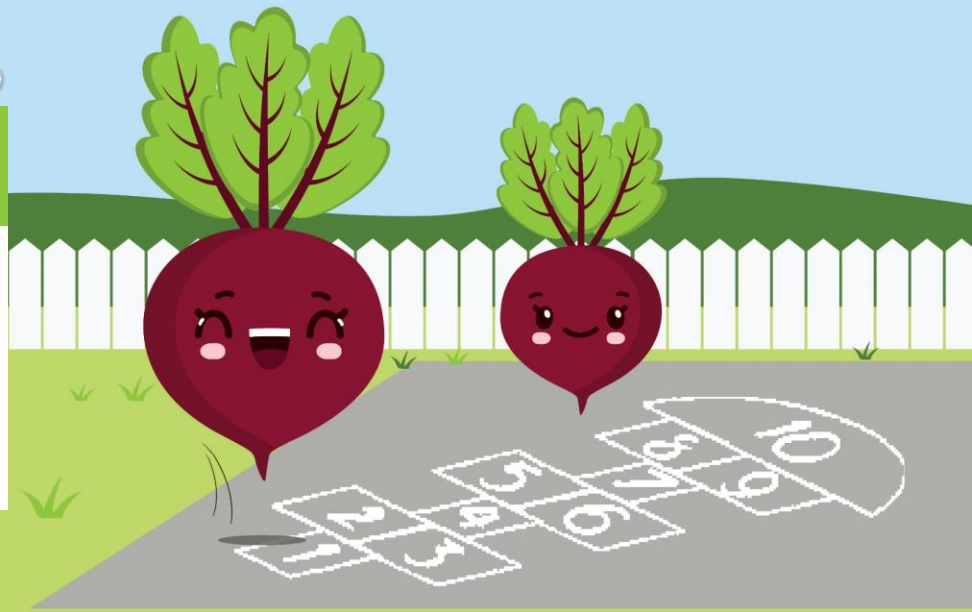
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--Lunch Menu--

Lunch is **FREE** for all students!



ACE'S CORNER



Sun Butter & Jelly offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Hotdog Cheeseburger Steamed Corn Fruit Juice	02 Mac & Cheese w/ Dinner roll Grilled Cheese Steamed Carrots Fresh Pear	03 Cheese Pizza Spaghetti & Meatballs Steamed Peas Fruit Juice
No School 06	07 Beef Tacos Max Pizza Sticks Steamed Green Beans Fresh Apple	08 Chicken Nuggets w/ Dinner Roll Mac & Cheese w Dinner Roll Steamed Corn Fruit Juice	09 Hamburger Popcorn Chicken w/ Dinner Roll Baked Fries Fresh Pear	10 Cheese Pizza Chicken Patty Campfire Beans Fruit Juice
13 Corn Dog Cheeseburger Mashed Potatoes Fruit Juice	14 Beef Tacos Pizza Pack Steamed Peas Fresh Apple	15 Pizza Crunchers Orange Chicken w/Rice Steamed Carrots Fruit Juice	16 Chicken Quesadilla Fish Sticks w/ Dinner Roll Steamed Corn Fresh Pear	17 Cheese Pizza Chicken Tenders w/ Dinner Roll Baked Beans Fruit Juice
20 Chicken Fried Rice Pizza Pack Steamed Broccoli Fruit Juice	21 Beef Tacos Italian Cheese Dunkers Steamed Corn Fresh Apple	22 Grilled Cheese Chicken Nuggets w/Dinner Roll Steamed Carrots Fruit Juice	23 Cheese Quesadilla Cheeseburger Kickin' Pinto Beans Fresh Pear	24 Cheese Pizza Fish Patty Baked Fries Fruit Juice
27 French Toast Sticks & Sausage Patty Cheeseburger Baked Fries Fruit Juice	28 Beef Tacos Grilled Cheese Steamed Green Beans Fresh Apple	29 Corn Dog Chicken Nuggets w/ Dinner Roll Steamed Carrots Fruit Juice	30 Bake Potato Hotdog Steamed Peas Fresh Pear	31 Cheese Pizza Fish Patty Melt Baked Fries Fruit Juice

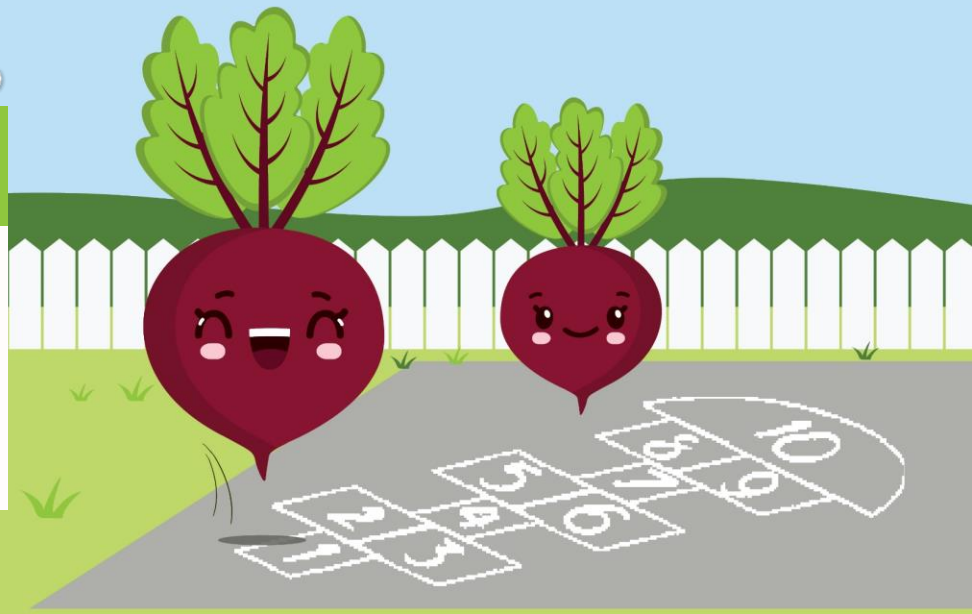
MARCH 2023

--Menu de Almuerzo--

El Almuerzo es GRATIS para todos los estudiantes!



ACE'S CORNER



Sun Butter & Jelly offered at lunch daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Hotdog Hamburguesa con queso Maíz al vapor Jugo de fruta	Mac & Queso y Rollo de cena Sandwich de Queso a la parrilla Zanahorias al vapor Pera fresca	Pizza de queso Espaguetis y albóndigas Chicharos al vapor Jugo de fruta
No hay escuela	Tacos de carne Palitos de Pizza Ejotes al vapor Manzana fresca	Nuggets de pollo con rollo de cena Mac & Queso y rollo de cena Maíz al vapor jugo de fruta	Hamburguesa Palomitas de pollo con rollo de cena Papas fritas al horno Pera fresca	Pizza de queso Hamburguesa de pollo Frijoles de fogata Jugo de fruta
Hot dog en pan de maiz Hamburguesa con queso Puré de papa jugo de fruta	Tacos de carne Paquete de pizza Chicharos al vapor Manzana fresca	Crujientes de pizza Pollo a la naranja con arroz Zanahorias al vapor jugo de fruta	Quesadilla de pollo Palitos de pescado con rollo de cena Maíz al vapor Pera fresca	Pizza de queso Pierna de pollo con Rollo de cena frijoles horneados Jugo de fruta
Arroz frito con pollo Paquete de pizza Brócoli al vapor Jugo de fruta	Tacos de carne Dunkers de queso italiano Zanahorias de vapor Manzana fresca	Queso a la parrilla Nuggets de pollo con rollo de cena Zanahorias de vapor Jugo de fruta	Quesadilla Hamburguesa con queso Frijoles Pintos Picantes Pera fresca	Pizza de queso Hamburguesa de Pescado Papas Frances Jugo de fruta
Palitos de torrijas francesas y salchicha Hamburguesa con queso Papas fritas al horno Jugo de fruta	Tacos de carne Sandwich de Queso a la parrilla Chicharos al vapor Manzana fresca	Hot dog en pan de maiz Nuggets de pollo con panecillo de cena Zanahorias de vapor jugo de fruta	Papa al horno Hotdog Chicharos al vapor Pera fresca	Pizza de queso Hamburguesa de Pescado Papas fritas al horno jugo de fruta

MARCH TO YOUR OWN BEET

Beet plants are one of several cultivated varieties of *Beta vulgaris* grown for their edible taproots and leaves. The beet and its greens are both an excellent source of folate, vitamins A and K, fiber, manganese, copper, and potassium. These versatile, tasty plants can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw in a salad. In addition to their unbeetable nutritional benefits, beets are also used in dyes, animal feed, and medicines. The betaine compound that gives beets their color also helps naturally flush toxins from the body. These miraculous taproots trace their roots right back to 800 BC, where Ancient Assyrian texts describe beets as part of the legendary Hanging Gardens of Babylon.

ACTIVITY: FEEL THE BEET

Follow the rhythm below and identify the missing notes.

4/4

Ma - ry had a lit - tle lamb, lit - tle lamb, lit - tle lamb.

4/4

Ma - ry had a lit - tle lamb. Its nose was pink as beets.

ACE'S JOKE OF THE MONTH



Q. WHAT'S THE COOLEST
VEGETABLE?

SEE ANSWER BELOW

DID YOU KNOW?

LOVE AT FIRST BITE

In Greek mythology, it is believed that if a man and a woman eat from the same beet, then they will fall in love.



UNBEETABLE SHINE

In 19th century Victorian England, women used beet juice to add a "red" shine to their hair.

BEET FEAT

The world's largest beet to date was grown in Holland and weighs over 62 pounds.