

# MARCH-APRIL 2024

Elliott, Hamilton,  
Hicks,  
Roosevelt-McGrath, &  
Taft-Galloway

ACE'S CORNER

Extra Slice of Pizza is \$2.00 on Pizza Day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Round Applesauce 4</b> <hr/> A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate	<b>Pop Tart Whole Fruit 5</b> <hr/> A. Domino's Pizza B. Hummus & Pita Plate	<b>Tiger Bites &amp; Gogurt Fruit Cup 6</b> <hr/> A. Beefy Nacho's B. Ham & Cheese Sandwich C. Hummus & Pita Plate	<b>Zee Zee Bar Apple Slices 7</b> <hr/> A. Pancakes and Sausage B. Chef's Salad C. Hummus & Pita Plate	<b>Fruit Bread Fruit Juice 8</b> <hr/> A. Chicken Patty Sandwich B. Cook's Choice C. Hummus & Pita Plate
<b>Nutri Grain Bar Applesauce 11</b> <hr/> A. Cheeseburger B. Uncrustable (No Peanut) C. Egg & Cheese Plate	<b>Muffin &amp; Cheese Stick Whole Fruit 12</b> <hr/> A. Domino's Pizza B. Egg & Cheese Plate	<b>Mini Strawberry Bagel Apple Slices 13</b> <hr/> A. Mini Corn Dog Nuggets B. Taco Stick C. Egg & Cheese Plate	<b>Cereal Banana 14</b> <hr/> ½ DAY NO LUNCH	<b>Apple Frudel Fruit Juice 15</b> <hr/> A. Chicken Patty Sandwich B. Bean and Cheese Burrito C. Egg & Cheese Plate
<b>Breakfast Round Applesauce 18</b> <hr/> A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Yogurt Plate	<b>Pop Tart Whole Fruit 19</b> <hr/> A. Domino's Pizza B. Yogurt Plate	<b>Tiger Bites &amp; Yogurt Fruit Cup 20</b> <hr/> A. Top Your Own Yogurt B. Corn Dog	<b>Cook's Choice Cook's Choice 21</b> <hr/> A. Sloppy Joe Sandwich B. Cook's Choice C. Yogurt Plate	<b>Cook's Choice Cook's Choice 22</b> <hr/> A. Cook's Choice B. Cook's Choice
<b>25</b>  NO SCHOOL DISTRICT CLOSED	<b>26</b>  NO SCHOOL DISTRICT CLOSED	<b>27</b>  NO SCHOOL DISTRICT CLOSED	<b>28</b>  NO SCHOOL DISTRICT CLOSED	<b>29</b>  NO SCHOOL DISTRICT CLOSED
<b>Nutri Grain Bar Applesauce 1</b> <hr/> A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate	<b>Muffin &amp; Cheese Stick Whole Fruit 2</b> <hr/> A. Domino's Pizza B. Muffin & Cheese Plate	<b>Cinni Mini Fruit Cup 3</b> <hr/> A. Beef Tacos B. Mexican Pizza C. Muffin & Cheese Plate	<b>Cereal Banana 4</b> <hr/> A. French Toast Sticks B. Cheese Pizza Quesadilla C. Muffin & Cheese Plate	<b>Fruit Bread Fruit Juice 5</b> <hr/> A. Beef Hot Dog B. Bean & Cheese Burrito C. Muffin & Cheese Plate

# BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

## DISCOVER: RASPBERRIES



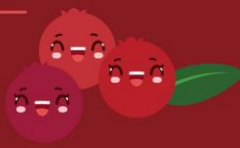
Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



**TOMATOES:** Tons of antioxidants, vitamin C, & lycopene  
*Peak Season:* May - Oct.

**CRANBERRIES:** Hearty dose of quercetin, fiber, & antioxidants

*Peak Season:* Sep. - Nov.



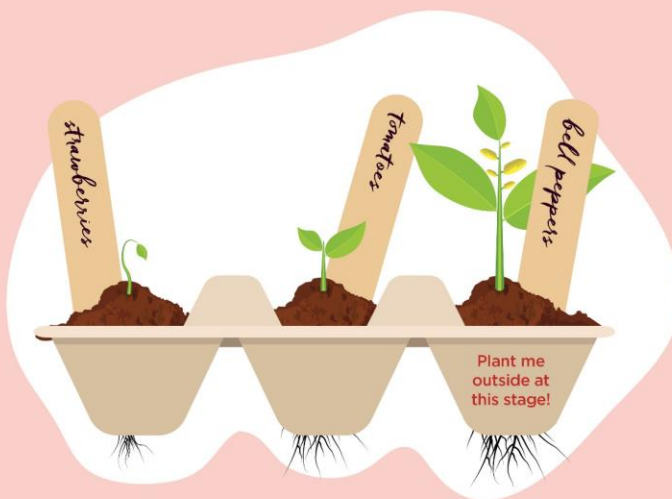
**POMEGRANATES:** Bursting with fiber, protein, & folate  
*Peak Season:* Sep. - Nov.

## CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers**.

**MATERIALS:** soil, water, an egg carton, popsicle sticks, and seeds

**DIRECTIONS:** Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



## ACE'S RECIPE OF THE MONTH:

### BEET APPLESAUCE\*

*This blushing applesauce can't be beet!*



#### INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

#### PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

**\*DO NOT attempt to chop ingredients or cook without adult supervision.**