

Elementary Menu

MARCH 2024

PB&J offered at lunch daily

A variety of fresh, frozen and canned fruit offered at breakfast and lunch

Additional grab & go items available daily for breakfast including YOGURT PARFAITS on Wednesdays

ACE'S CORNER

Breakfast Prices
Paid: \$1.75
Reduced: \$0.30

Lunch Prices
Paid: \$3.00
Reduced: \$0.40

To apply for Free / Reduced lunch visit www.GCCSchools.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 4 – 8 is National School Breakfast Week</p> <p>On Monday March 4 we will kick off the week with FREE breakfast to all students</p>				
<p>Cinnamon Raisin Bagel or Donut 4</p> <p>Chicken Patty Sliders Hot Dog Chef Salad</p> <p>Green Beans Baby Carrots</p> <p>FREE Breakfast Today</p>	<p>Ham & Cheese Biscuit 5</p> <p>Meatloaf & Roll Chicken Tender Basket MYO Flatbread Pizza</p> <p>Mashed Potatoes Red Pepper Strips</p>	<p>Cinna-sugar Poppers 6</p> <p>Steamed Dumplings & Fried Rice Cheeseburger Turkey & Cheese Sandwich</p> <p>Peas & Carrots Edamame</p>	<p>Assorted Cereal 7</p> <p>Berry French Toast & Sausage Corn Dog Popcorn Chicken Salad</p> <p>Corn Celery Sticks</p> <p>National CEREAL Day</p>	<p>Ham & Cheese Maple Flatbread 1</p> <p>Pizza Fish Sandwich Popcorn Chicken Salad</p> <p>Orange Glazed Carrots Spinach Side Salad</p> <p>Mixed Berry Scone 8</p> <p>Meatball Sub Pizza Pizza Salad</p> <p>Steamed Broccoli Spinach Side Salad</p> <p>National Meatball Day</p>
<p>Breakfast Pizza 11</p> <p>Mac & Cheese with Mini Corn Dogs Hot Dog Turkey & Cheese Sub</p> <p>Roasted Cauliflower Celery Sticks</p>	<p>Chicken Snack Wrap 12</p> <p>Beef Nachos Chicken Tender Basket MYO Flatbread Pizza</p> <p>French Fries Baby Carrots</p>	<p>Apple Cinnamon Square 13</p> <p>Popcorn Chicken Bowl Cheeseburger Turkey Chef Salad</p> <p>Mashed Potatoes Red Pepper Strips</p>	<p>Cheesy Egg & Tot Burrito 14</p> <p>Spaghetti & Meatballs Cheese Pizzadilla Popcorn Chicken Salad</p> <p>Steamed Broccoli Cucumber Slices</p>	<p>Pancake Bites 14</p> <p>Pizza Fish Sandwich Ham & Cheese Sandwich</p> <p>Baked Beans Grape Tomatoes</p>



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



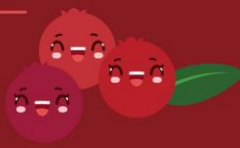
Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



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

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



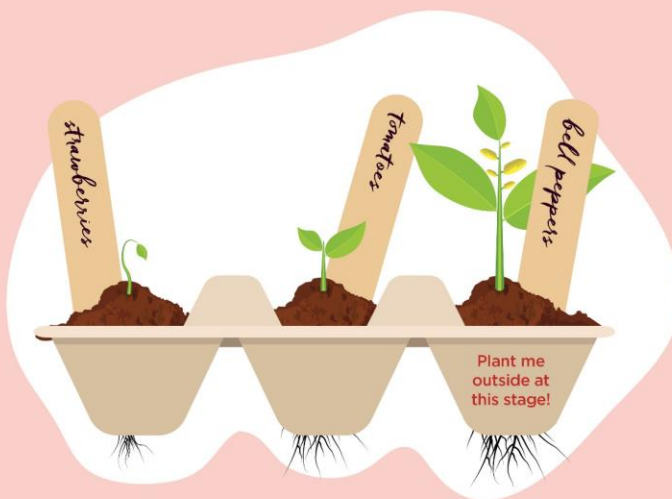
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

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.**