



MARCH 2023

Universal free meals ended last school year. Please make sure your child has funds available in their lunch account



ACE'S CORNER

PBJ available at lunch every day

A selection of fresh, frozen and canned fruit offered daily

Breakfast Prices **Lunch Prices**
Paid: \$1.50 Paid: \$3.00
Reduced: \$0.30 Reduced: \$0.40

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
ARAMARK Student Nutrition is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com or email Bwoodring@GCCSchools.com to set up an interview		Soft Cinnamon Bar 1 Country Chicken Bowl Corn Dog Mashed Potatoes Corn Grape Tomatoes		Pop Tarts 2 Pizza Spicy or Plain Chicken Sandwich Buttery Carrots Cucumber Slices		Benefit Bar 3 Meatball Sub Fish Sandwich French Fries Baby Carrots			
Cinnimini 6 Chicken Quesadilla Cheeseburger Campfire Pinto Beans Street Corn	Breakfast Bagel 7 Steamed Dumplings & LoMein Hot Dog Ginger Carrots Red Pepper Strips	Cocoa Puff Cereal 8 Honey Sriracha Turkey Burger Waffle Sandwich Corn Dog Steamed Broccoli Baby Carrots	Pop Tarts 9 Pizza Spicy or Plain Chicken Sandwich Roasted Zucchini Cucumber Slices	Benefit Bar 10 Sloppy Joe Fish Sandwich French Fries Garden Salad					
Soft Cinnamon Bar 13 Chili Cheese Fries Cheeseburger Spicy Carrots Cucumber Slices	Maple Waffle 14 Salisbury Steak Hot Dog Mashed Potatoes Garden Salad	Benefit Bar 15 Carnita Frito Bowl Corn Dog Refried Beans Grape Tomatoes	Pop Tart 16 Pizza Spicy or Plain Chicken Sandwich Steamed Broccoli Baby Carrots	Lucky Charms Cereal 17  Horseshoe Burger Fish Sandwich French Fries Creamy Ranch Slaw					
20		21		22		23		24	



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ROOTING FOR YOUR HEALTH

Carrots are an excellent source of fiber, vitamin C, potassium, and beta-carotene, which are all important for your vision, skin, and growth. Carrots are root vegetables and the portion we munch on is called the taproot. The carrots we know and love are actually a subspecies of the wild carrot, *daucus carota*. Today, most carrots are orange, but there are also purple, red, white, and yellow varieties. Rabbits do not actually eat carrots in the wild, but the average person will consume 10,866 carrots in a lifetime.

DID YOU KNOW?

ORANGE IS THE HAPPIEST COLOR...

If you were to eat large amounts of carrots, far beyond the usual daily portions, it can cause a condition called "carotenemia." This causes the skin to turn yellowish orange, especially on the palms or soles of the feet, but it is completely harmless. Don't worry, this condition is not caused by average portions and is easily reversed by reducing your carrot intake.

ACE'S JOKE OF THE MONTH



Q. HOW DO YOU MAKE GOLD SOUP?

SEE ANSWER BELOW

ACTIVITY: ROOT TO BRANCH, STEM TO VINE

Draw a line from the fruit or vegetable to where it grows.



PUMPKIN



ORANGE



STRAWBERRY



POMMEGRANATE



RADISH



SWEET POTATO



TOMATOE

