



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	
<p><b>ARAMARK Student Nutrition is Hiring!</b></p> <p><b>Work While Kids are in School</b></p> <p><b>Great Benefits</b></p> <p>Apply online @ <a href="http://www.aramark.com">www.aramark.com</a> or email <a href="mailto:Bwoodring@GCCSchools.com">Bwoodring@GCCSchools.com</a> to set up an interview</p>		<p><b>Yogurt Parfait</b> 1</p> <p>Country Chicken Bowl Corn Dog</p> <p>Mashed Potatoes Corn Grape Tomatoes</p>		<p><b>Sausage Egg Tot Taco</b> 2</p> <p>Pizza Spicy or Plain Chicken Sandwich</p> <p>Buttery Carrots Cucumber Slices</p>		<p><b>Cocoa Puff Donut</b> 3</p> <p>Meatball Sub Fish Sandwich</p> <p>French Fries Baby Carrots</p>			
<p><b>Sausage Slider</b> 6</p> <p>Chicken Quesadilla Cheeseburger</p> <p>Campfire Pinto Beans Street Corn</p>	<p><b>Cinnamon Toast &amp; Sausage</b> 7</p> <p>Steamed Dumplings &amp; LoMein Hot Dog</p> <p>Ginger Carrots Red Pepper Strips</p>	<p><b>Yogurt Parfait</b> 8</p> <p>Honey Sriracha Turkey Burger Waffle Sandwich Corn Dog</p> <p>Steamed Broccoli Baby Carrots</p>	<p><b>Breakfast Bagel</b> 9</p> <p>Pizza Spicy or Plain Chicken Sandwich</p> <p>Roasted Zucchini Cucumber Slices</p>	<p><b>Cinnamon Roll</b> 10</p> <p>Sloppy Joe Fish Sandwich</p> <p>French Fries Garden Salad</p>					
<p><b>Breakfast Pizza</b> 13</p> <p>Chili Cheese Fries Cheeseburger</p> <p>Spicy Carrots Cucumber Slices</p>	<p><b>Egg &amp; Cheese Biscuit</b> 14</p> <p>Salisbury Steak Hot Dog</p> <p>Mashed Potatoes Garden Salad</p>	<p><b>Yogurt Parfait</b> 15</p> <p>Carnita Frito Bowl Corn Dog</p> <p>Refried Beans Grape Tomatoes</p>	<p><b>Sausage Egg &amp; Cheese Muffin</b> 16</p> <p>Pizza Spicy or Plain Chicken Sandwich</p> <p>Steamed Broccoli Baby Carrots</p>	<p><b>Lucky Charms Donut</b> 17</p> <p>Horseshoe Burger Fish Sandwich</p> <p>French Fries Creamy Ranch Slaw</p> 					
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

