

# LUNCH MARCH 2023

Visit us at [psd202.schooldish.com](http://psd202.schooldish.com)  
And click on Menus & Nutrition.

All Meals are served with a variety of fresh fruit and vegetable options. *Milk is offered with all meal.*

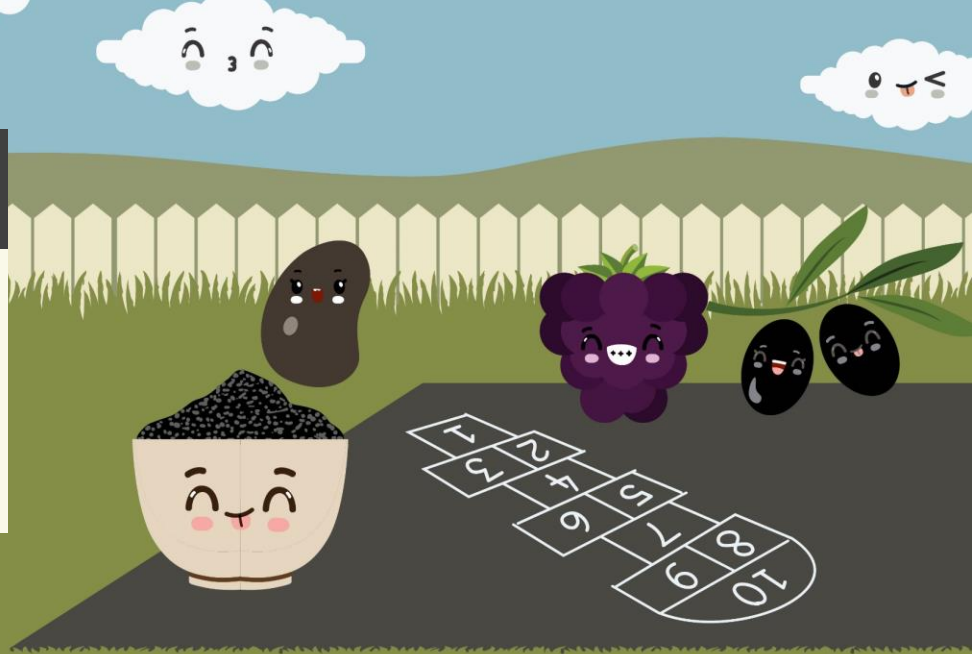
**Vegetarian Entrees Marked with (V)**







**ACE'S CORNER**

**Lunch Prices**

**Paid: \$2.75**

**Reduced: \$0.40**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>We Are Hiring! Call 815-436-6270</b> Click on the link below to apply: <a href="#">Aramark Careers - Full &amp; Part Time Food Service Workers Plainfield #202 – NO NIGHTS OR WEEKENDS!!</a></p>		<p><b>1</b> A: Chicken Patty Sandwich B: Sun Butter and Jelly Sandwich (V) Fresh Apple, Diced Pears, Baby Carrots, Fresh Broccoli</p>	<p><b>2</b> A: Tony's Cheese Pizza (V) B: Egg Salad Sandwich (V) Applesauce, Mixed Fruit, Cucumbers, Kickin' Pinto Beans</p>	<p><b>3</b> </p>
<p> <b>6</b> A: French Toast Sticks with Egg Patty (V) B: Pretzel Fun Lunch (V) (Soft Pretzel Rods, Yogurt Cup, and String Cheese) Fresh Apple, Applesauce, Baby Carrots, Celery Sticks</p>	<p><b>7</b> A: Chicken Nuggets with Breadstick B: Egg Salad Sandwich (V) Fresh Apple, Applesauce, Baby Carrots, Peas</p>	<p> <b>8</b> A: Waffles with Egg Patty (V) B: Ham and Cheese Sandwich Fresh Apple, Banana, Baby Carrots, Cucumbers</p>	<p> <b>9</b> A: Meatball Sub Sandwich B: Sun Butter and Jelly Sandwich (V) Fresh Apple, Orange, Baby Carrots, BBQ Baked Beans</p>	<p><b>10</b> A: Tony's Cheese Pizza (V) B: Turkey and Cheese Sandwich Fresh Apple, Raisins, Baby Carrots, Fresh Broccoli</p>
<p> <b>13</b></p>	<p><b>14</b> A: Hotdog B: Pizza Bagel Kit (V) Fresh Apple, Applesauce, Baby Carrots, Celery Sticks</p>	<p><b>15</b> A: Cheesy Italian Pull Apart Bread (V) B: Ham and Cheese Sandwich Fresh Apple, Banana, Baby Carrots, Fresh Broccoli</p>	<p><b>16</b> A: Cheeseburger B: Sun Butter and Jelly Sandwich (V) Fresh Apple, Orange, Cucumber, Kickin' Pinto Beans</p>	<p><b>17</b> A: Fish Sticks with Emoji Fries B: Fun on the Run (V) (Chocolate Muffin, Yogurt Cup, and String Cheese) Fresh Apple, Craisins, Baby Carrots, Green Beans</p>
<p> <b>20</b> A: Corndog B: Pizza Bagel Kit (V) Fresh Apple, Applesauce, Peas, Corn</p>	<p><b>21</b> A: BBQ Diced Chicken Sandwich B: Sun Butter and Jelly Sandwich (V) Fresh Apple, Applesauce, Baby Carrots, Celery Sticks</p>	<p><b>22</b> A: Orange Chicken with Rice B: Egg Salad Sandwich (V) Fresh Apple, Banana, Cucumber, Mixed Vegetables</p>	<p><b>23</b> A: Bosco Sticks with Pizza Sauce (V) B: Ham and Cheese Sandwich Fresh Apple, Orange, Baby Carrots, BBQ Baked Beans</p>	<p><b>24</b> A: Pizza Crunchers (V) B: Turkey and Cheese Sandwich Fresh Apple, Raisins, Baby Carrots, Fresh Broccoli</p>
<p><b>27</b> A: Chicken Patty Sandwich B: Pretzel Fun Lunch (V) (Soft Pretzel Rods, Yogurt Cup, and String Cheese) Fresh Apple, Applesauce, Baby Carrots, Green Beans</p>	<p><b>28</b> A: Cheesy Southwest Pull Apart Bread (V) B: Turkey and Cheese Sandwich Fresh Apple, Applesauce, Baby Carrot, Cucumber</p>	<p><b>29</b> A: Chicken Nuggets with Breadstick B: Sun Butter and Jelly Sandwich (V) Fresh Apple, Orange, Baby Carrots, Peas</p>	<p><b>30</b> A: BBQ Burger B: Egg Salad Sandwich (V) Fresh Apple, Orange, Baby Carrots, Kickin' Pinto Beans</p>	<p><b>31</b> A: Fish Patty Sandwich B: Pizza Bagel Kit (V) Fresh Apple, Craisins, Baby Carrots, Celery Sticks</p>

# NEW MOON NUTRIENTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black quinoa, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

## DISCOVER: BLACKBERRIES

Bursting with tart sweetness, blackberries are shaking things up in the cafeteria this month. In season during the warmer months, these juicy berries are packed with vitamin C, fiber, and manganese.



**BLACK BEANS:** Packed with protein, fiber, & minerals  
Peak Season: Jun.-Aug.

## BLACK RICE:

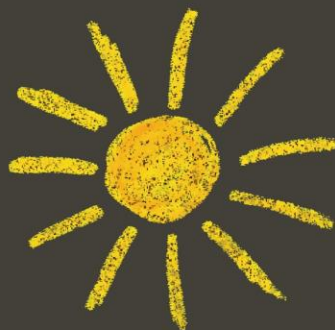
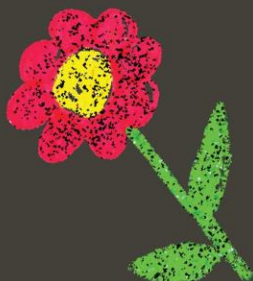
Hearty dose of protein, iron, & antioxidants  
Peak Season: Sep.-Oct.



**BLACK OLIVES:** Packed with calcium, iron, & potassium  
Peak Season: Sep.-Nov.

## CHALLENGE OF THE MONTH: HOMEMADE SIDEWALK PAINT

Using water, cornstarch, and food coloring you can make your own sidewalk paint! Just mix equal parts water and cornstarch and then add the food coloring of your choice. With a muffin tin as your painter's palette, you can mix up a variety of colors to make your own work of art outside.



## ACE'S RECIPE OF THE MONTH:

### BLACK BEAN AND TOMATO SALAD\*

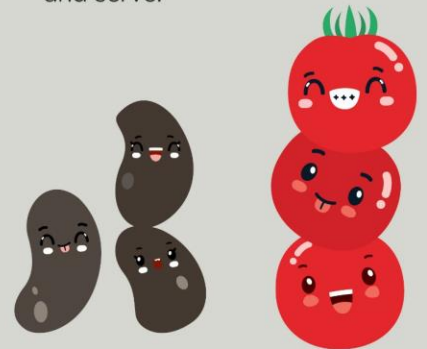
Serves 4

#### INGREDIENTS:

- 1 package cherry tomatoes
- 1 can black beans
- 1/4 cup corn
- 2-3 green onions chopped
- 2 cloves garlic minced
- 3 tablespoons cilantro finely chopped
- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 pinch salt or to taste
- 1-2 teaspoon(s) sugar to taste
- 1 teaspoon chili powder

#### PREPARATION:

1. In a medium bowl, mix tomatoes, black beans, corn, and green onions.
2. In a small bowl, make dressing by mixing garlic, cilantro, orange juice, balsamic vinegar, salt, sugar, and chili powder.
3. Pour dressing over top of salad mixture, stir to combine, and serve.



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