

# MARCH 2025



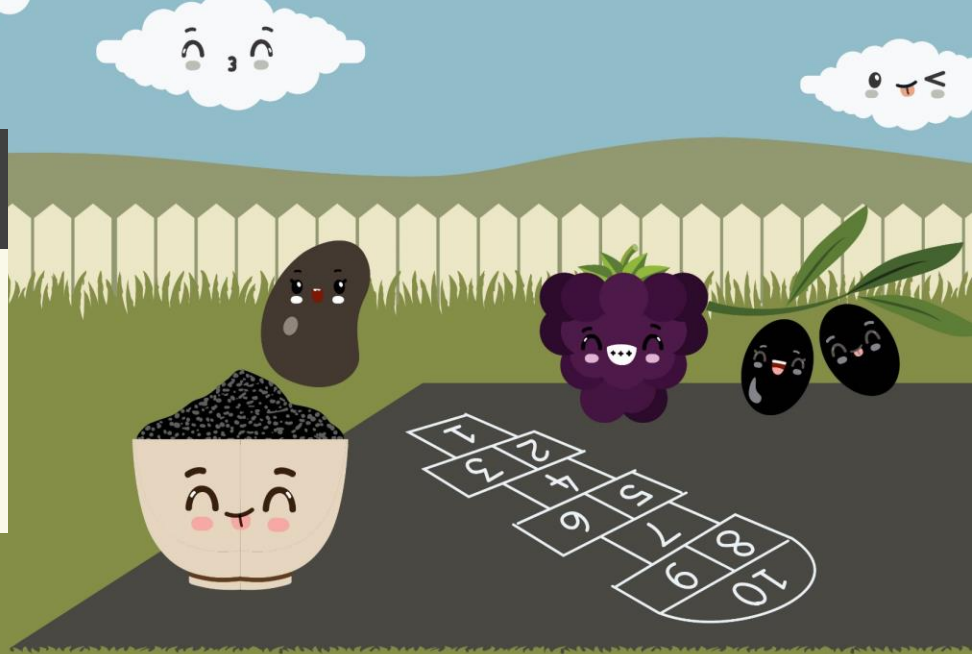
**Pick 2** You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO\* of the following: cereal, string cheese, toast or yogurt.

\*No duplicates on cereal or yogurt  
BIC Schools Have Daily Cereal Option

ACE'S CORNER

Blanquita Valenti Community School



Cold options offered at breakfast and lunch daily

Daily choice of milk and cereal

Assorted fruit served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bacon Breakfast Pizza</b> 03 <b>Chocolate Chip Breakfast Bar</b> <b>Blueberry Yogurt Parfait</b>  <b>Mini Chicken Corn Dog</b> <b>Macaroni &amp; Cheese</b> <b>Crinkle Cut French Fries</b> <b>Fresh Celery Sticks</b>	<b>Chicken Snack Wraps</b> 04 <b>Strawberry Yogurt Parfait</b> <b>Pumpkin Spice Donut Holes</b>  <b>Taco Pizza</b> <b>Chicken Tenders</b> <b>Fresh Broccoli</b> <b>Mexican Style Street Corn</b>	<b>Apple Orange Smoothie</b> 05 <b>Ham, Egg, Cheese &amp; TaterTot Taco</b> <b>Peach Yogurt Parfait</b>  <b>Popcorn Chicken Potato Bowl</b> <b>Cheese Pizzadilla</b> <b>Fresh Steamed Broccoli</b> <b>Diced Peaches</b>	<b>Maple Pancake on a Stick</b> 06 <b>Eggo Waffles</b> <b>Blueberry Yogurt Parfait</b>  <b>BBQ Chicken &amp; Cheddar Flatbread</b> <b>Chicken Nuggets</b> <b>Tater Tots</b> <b>Fresh Sliced Cucumbers</b>	<b>**SPECIAL EVENT**</b> 07 <b>NATIONAL CEREAL DAY</b> <b>Chicken Ham &amp; Cheese Bagel</b> <b>Mini Pancake Bites</b>  <b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Side Salad or Carrot Sticks</b>
<b>Blueberry Muffin Square</b> 10 <b>Egg &amp; Cheese English Muffin</b> <b>Blueberry Yogurt Parfait</b> *****	<b>Cheesy Breakfast Sandwich</b> 11 <b>French Toast Sticks</b> <b>Strawberry Yogurt Parfait</b> NATIONAL	<b>Sausage Breakfast Sandwich</b> 12 <b>Cinnamon Toast</b> <b>Peach Yogurt Parfait</b> BREAKFAST	<b>Chocolate Filled Croissant</b> 13 <b>3 Cheese Breakfast Flatbread</b> <b>Blueberry Yogurt Parfait</b> WEEK	<b>Cinnamon Breakfast Bar</b> 14 <b>Mini Chicken Bites</b> <b>Strawberry Yogurt Parfait</b> *****
<b>Cheese Quesadilla</b> <b>Beef Soft Tacos</b> <b>Black Beans</b> <b>Tossed Salad</b>	<b>Mozzarella Cheese Sticks</b> <b>Corn Dog on a Stick</b> <b>Tater Tots</b> <b>Fresh Pickled Cucumbers</b>	<b>Mini Pancake Bites</b> <b>Scrambled Eggs with Cheese</b> <b>Celery Sticks</b> <b>Fresh Baby Carrots</b>	<b>Chicken Tender Thai Rice Bowl</b> <b>Hot Dog on a Bun</b> <b>Steamed Corn</b> <b>Cold Edamame Beans</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Side Salad or Baby Carrots</b>
<b>Grape Filled Crescent</b> 17 <b>Chicken Cheese English Muffin</b> <b>Blueberry Yogurt Parfait</b>  <b>Popcorn Chicken</b> <b>Grilled Cheese Sandwich</b> <b>Steamed Broccoli</b> <b>Baby Carrots</b>	<b>Cheese Bosco Bread Sticks</b> 18 <b>Glazed Cinnamon Roll</b> <b>Strawberry Yogurt Parfait</b>  <b>Cheese Pizzadilla</b> <b>Chicken Patty Sandwich</b> <b>Waffle Fries</b> <b>Fresh Broccoli</b>	<b>Sugar Powdered Donut</b> 19 <b>Cheesy Ham Tater Tot Strata</b> <b>Peach Yogurt Parfait</b>  <b>Chicken Nuggets</b> <b>Elbow Pasta &amp; Meatballs</b> <b>Baked Beans</b> <b>Celery Sticks</b>	<b>Sausage Breakfast Pizza</b> 20 <b>Mini Caramel Cinnamon Buns</b> <b>Blueberry Yogurt Parfait</b>  <b>Waffles &amp; Turkey Sausage</b> <b>Mini Chicken Corn Dog</b> <b>Pancake Syrup</b> <b>Tater Tots</b>	<b>Cinnamon Chip Scone</b> 21 <b>Egg Patty on a Bagel</b> <b>Strawberry Yogurt Parfait</b>  <b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Fresh Sliced Cucumbers</b> <b>Baby Carrots</b>
<b>Sausage Pancake Wrap</b> 24 <b>Banana CC Muffin Square</b> <b>Blueberry Yogurt Parfait</b>  <b>Fish Sticks</b> <b>Chicken Nuggets</b> <b>Yellow rice</b> <b>Crinkle Cut Fries</b>	<b>Egg &amp; Cheese English Muffin</b> 25 <b>Emoji Eggo Waffles</b> <b>Strawberry Parfait</b>  <b>Spicy Chicken Sandwich</b> <b>Chicken Parm Flatbread</b> <b>Fresh Broccoli</b> <b>Baby Carrots</b>	<b>Country Chicken Biscuit</b> 26 <b>Strawberry Apple Smoothie</b> <b>Peach Yogurt Parfait</b>  <b>Cajun Kelbasa Biscuits &amp; Gravy</b> <b>Nacho Cheese Walking Taco</b> <b>Roasted Squash &amp; Zucchini</b> <b>Kockin' Pinto Beans</b>	<b>Cinn Toast Crunch Donut</b> 27 <b>Sausage &amp; Cheese English Muffin</b> <b>Blueberry Yogurt Parfait</b>  <b>Bacon Cheeseburger</b> <b>Hot Dog on a Bun</b> <b>Mixed Vegetables</b> <b>Celery Sticks</b>	<b>Ham &amp; Cheese Flatbread</b> 28 <b>Apple Cinnamon Oat Bar</b> <b>Strawberry Yogurt Parfait</b>  <b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Side Salad</b> <b>Fresh Carrot Sticks</b>
<b>SCHOOL CLOSED</b> 31  	<b>NOTES</b> 3/7 National Cereal Day 3/10-3/14 Breakfast Week 3/19 March LTO 3/31 School Closed Eid al-Fitr		<b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.nbpschools.net">www.nbpschools.net</a>	

# 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:

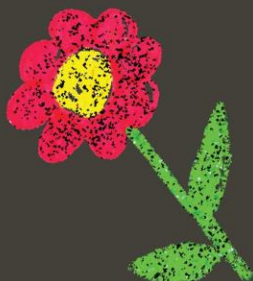
Hearty dose of protein, iron, & antioxidants  
Peak Season: Sep.-Oct.



**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\*

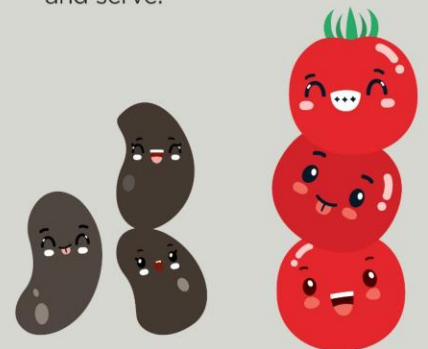
Serves 4

### 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.