

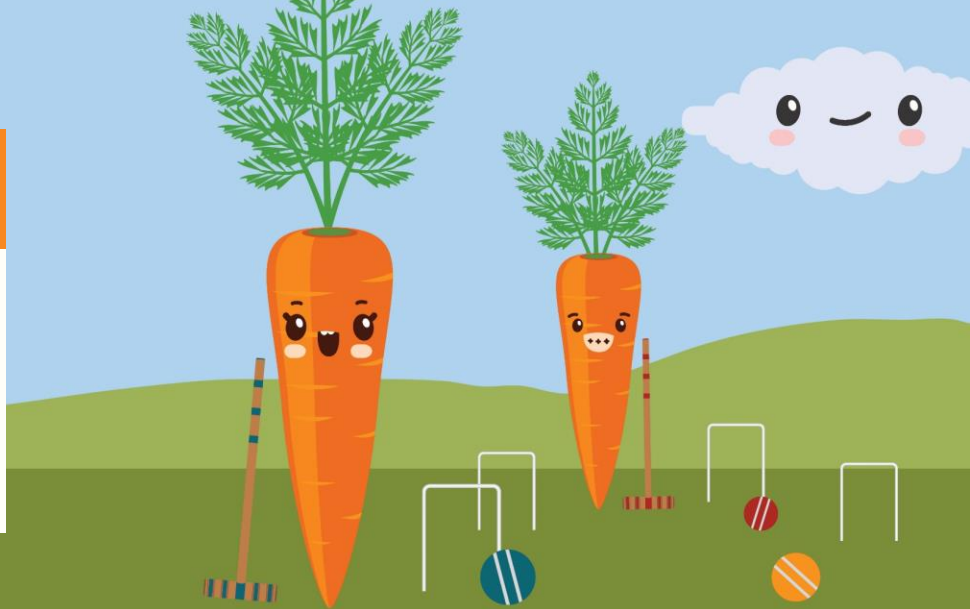
MARCH 2023

FUN FACTS:

Baby carrots are sweeter than full sized carrots because they are grown smaller and younger.



ACE'S CORNER



Immanuel Lutheran School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Did you know?</i> *Our grains are whole-grain rich. *Breakfast cereals are reduced sugar. *1% Milk & Fat Free Chocolate Milk Available Daily!</p>		<p>*Bosco Cheese Sticks & Dipping Sauce 1 *Cheeseburger *Side Salad</p>	<p>NO LUNCH 2 Half Day</p>	<p>NO SCHOOL 3 </p>
<p>*Salisbury Steak & Gravy w/Roll 6 *Chicken Nuggets & Crackers</p>	<p>*Beef Soft Tacos 7 *Hot Dog *Side Salad</p>	<p>*Mini Corn Dogs 8 *Cheeseburger *Side Salad</p>	<p>*BBQ Pork Rib Sandwich 9 *Chicken Patty Sandwich *Side Salad</p>	<p>*Sausage Pizza 10 *Cheese Pizza *Side Salad</p>
<p>*Grilled Cheese & Tomato Soup 13 *Chicken Nuggets & Crackers</p>	<p>*Pizza Crunchers 14 *Hot Dog *Side Salad</p>	<p>*French Toast Sticks & Sausage 15 *Cheeseburger *Side Salad</p>	<p>*Meatball Sub 16 *Chicken Patty Sandwich *Side Salad</p>	<p>*Pepperoni Pizza 17 *Cheese Pizza *Side Salad</p>
<p>*Waffles 20 *Chicken Nuggets & Crackers</p>	<p>*Mozzarella Sticks & Dipping Sauce 21 *Hot Dog *Side Salad</p>	<p>*Cheese Quesadilla 22 *Cheeseburger *Side Salad</p>	<p>*Homemade Mac & Cheese 23 *Chicken Patty Sandwich *Side Salad</p>	<p>*Sausage Pizza 24 *Cheese Pizza *Side Salad</p>
<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com Keyword: Carpentersville</p>	<p>NO SCHOOL 28 </p>	<p>NO SCHOOL 29 </p>	<p>NO SCHOOL 30 </p>	<p>NO SCHOOL 31 </p>

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

