

MAY 2024


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

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

ACE'S CORNER

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

### Breakfast Prices

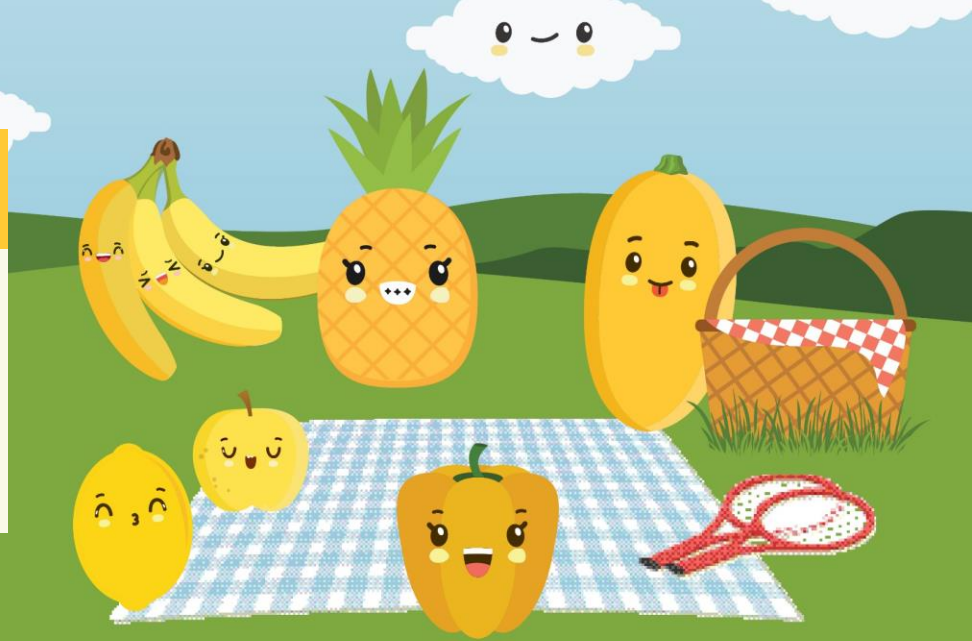
Paid: \$1.30

Reduced: \$0.30

### Lunch Prices

Paid: \$2.65

Reduced: \$0.40



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Mini Maple Waffle

6

**Fish Sticks & Cheez Crackers,**  
**Chicken Nuggets & Roll,**  
**Turkey Cheese Sub,**  
**PBJ with String Cheese**  
Seasoned Corn, Baby Carrots  
Diced Pears, Orange Wedges

Mini French Toast

13

**Crispito,**  
**Cheese Quesadilla,**  
**Ham & Cheese Sub,**  
**PBJ with String Cheese**  
Baked Beans, Baby Carrots  
Diced Pears, Orange Wedges

Mini Cheese Filled Bagel

20

**Mini Corn Dogs,**  
**Cheeseburger,**  
**Muffin, Yogurt & Cheese Pack,**  
**PBJ with String Cheese**  
Green Beans, Baby Carrots  
Diced Pears, Orange Wedges

Mini Cinnamon Roll

7

**Chicken Parmesan Flatbread,**  
**Bosco Sticks with Sauce,**  
**Popcorn Chicken Salad with Roll,**  
**PBJ with Goldfish Crackers**  
Steamed Broccoli, Red Pepper Strips  
Mixed Fruit, Blueberries

Breakfast Sausage Pizza

14

**Spaghetti & Meatballs with**  
**Breadstick,**  
**Chicken Nuggets & Breadstick,**  
**Ham Pizza Salad with Roll,**  
**PBJ with Goldfish Crackers**  
Green Beans, Red Peppers  
Mixed Fruit, Blueberries

Mini Cinnamon Roll

21

**Super Nachos,**  
**Chicken Patty Sandwich,**  
**Diced Chicken Salad with Roll,**  
**PBJ with Goldfish Crackers**  
Kickn Pinto Beans, Celery Sticks  
Mixed Fruit, Blueberries

Mini Cinnamon Roll

28

**NAT'L HAMBURGER DAY**  
**Manager's Choice**  
**Cheeseburger,**  
**PBJ with Goldfish**  
Steamed Broccoli, Baby Carrots,  
Mixed Fruit, Blueberries

Sausage Breakfast Pizza

1

**Broccoli & Cheese Baked Potato**  
**with Roll,**  
**Chicken Nuggets & Roll,**  
**Flatbread Pizza Pack,**  
**PBJ with String Cheese**  
Steamed Broccoli, Celery Sticks  
Applesauce, Strawberries

Sausage Pancake Wrap

8

**Dorito Walking Taco**  
**Chicken Patty Sandwich,**  
**Turkey & Cheese Sub,**  
**PBJ with String Cheese**  
Refried Beans, Cucumber Slices  
Cinnamon Applesauce, Strawberries

Cinnamon Sugar Donut Holes

15

**Orange Popcorn Chicken & Rice,**  
**Cheeseburger**  
**Ham & Cheese Sub,**  
**PBJ with String Cheese**  
Glazed Carrots, Fresh Broccoli,  
Applesauce, Strawberries

Breakfast sausage Pizza

FIELD DAY

22

**Hot Dog,**  
**PBJ with String Cheese**  
Fresh Vegetables & Fruit Cup

Apple Frudel

29

**Manager's Choice,**  
**PBJ with String Cheese**  
Fresh Vegetables & Fruit

Sausage Pancake Wrap

2

**Waffles & Sausage Patty,**  
**Mini Corn Dogs,**  
**Romaine & Cheese Salad with Roll**  
**PBJ with Goldfish Crackers**  
Waffle Fries, Red Pepper Strips  
Raisins, Fresh Banana

Mini Cheese Filled Bagel

9

**BBQ Pork Sandwich & Corn**  
**Poppers,**  
**Cheeseburger,**  
**Popcorn Chicken Salad with Roll**  
**PBJ with Goldfish**  
Mixed Vegetables, Cherry Tomatoes  
Raisins, Fresh Banana

Egg &amp; Cheese Biscuit



16

**French Toast Sticks with Sausage**  
**Patty,**  
**Chicken Patty Sandwich,**  
**Ham Pizza Salad with Roll**  
**PBJ with Goldfish Crackers**  
Tater Tots, Celery Sticks, Raisins,  
Fresh Banana

Powdered Sugar Donut

23

**Manager's Choice,**  
**Chicken Nuggets & Roll,**  
**Diced Chicken Salad with Roll**  
**PBJ with Goldfish Crackers**  
Sweet Peas, Cucumber Slices,  
Raisins, Fresh Banana


Cinnamon Sugar Donut

3

**Cheeseburger,**  
**Cheese Pizza,**  
**Flatbread Pizza Pack,**  
**PBJ with Cheese & Animal**  
**Crackers**  
Baked Beans, Cucumber Slices  
Sliced Peaches, Fresh Apple

**SEMI-LUNCH**  
**HERO DAY**


Powdered Sugar Donut

10

**Cheese Pizza,**  
**Corn Dog,**  
**Turkey & Cheese Sub,**  
**PBJ with Cheese & Animal**  
**Crackers**  
French Fries, Romaine Salad  
Sliced Peaches, Fresh Apple

Apple Frudel

17

**Grilled Cheese,**  
**Cheese Pizza,**  
**Ham & Cheese Sub**  
**PBJ with Cheese & Animal**  
**Crackers**  
Steamed Broccoli, Cucumber Slices  
Sliced Peaches, Fresh Apple

Sausage Pancake Wrap

24

**Manager's Choice,**  
**Cheese Pizza,**  
**Muffin, Yogurt & Cheese Pack,**  
**PBJ with String Cheese**  
**& Animal Crackers**  
Mixed Vegetables, Romaine Salad  
Sliced Peaches, Fresh Apple




# YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Brimming with vitamin C, calcium, & iron  
**Peak Season:** Apr.–May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.–Mar.



**STARFRUIT:** Full of protein, vitamins, & minerals  
**Peak Season:** Aug.–Sep.

## CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,  
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,  
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,  
CARROT JUICE



## ACE'S RECIPE OF THE MONTH:



### PINEAPPLE COBBLER\*

Serves 8

#### INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

#### PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

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