

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

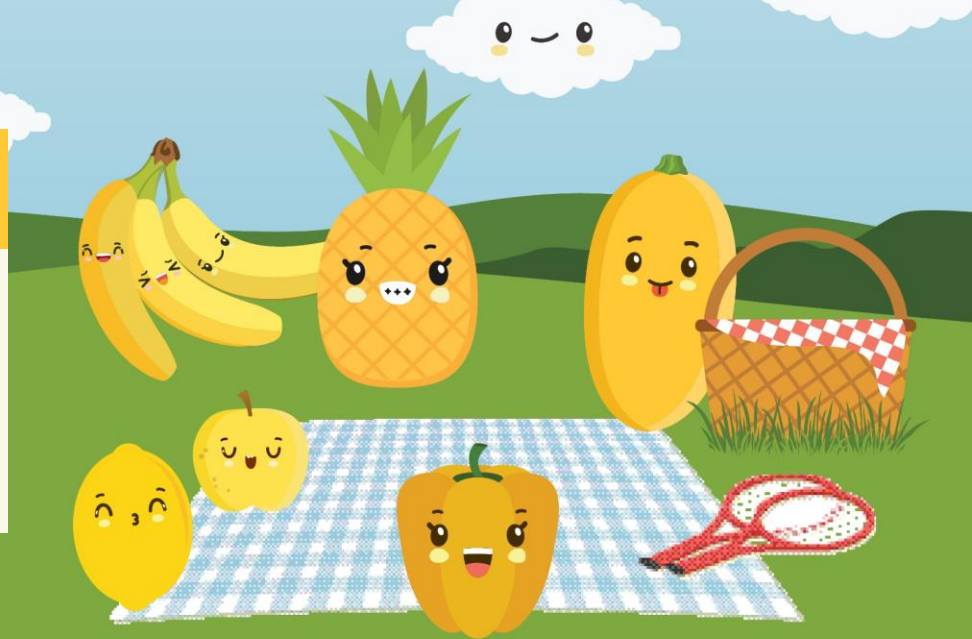
Paid: \$1.30

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,
Grilled Cheese,
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

22

Manager's Choice
Bosco Sticks with Sauce,
Muffin, Yogurt & Cheese Pack,
PBJ with String Cheese

Seasoned Corn, Fresh Broccoli,
Cinnamon Applesauce, Strawberries

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 & 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

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

FIELD DAY

17

Hot Dog,
PBJ with Cheese & Animal
Crackers

Fresh Vegetables & Fruit Cup

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.**