

SEPTEMBER 2025



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

Choose breakfast entrée or Pick TWO*
of the following: **cereal**, **string cheese**,

ACE'S CORNER

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

Breakfast Prices

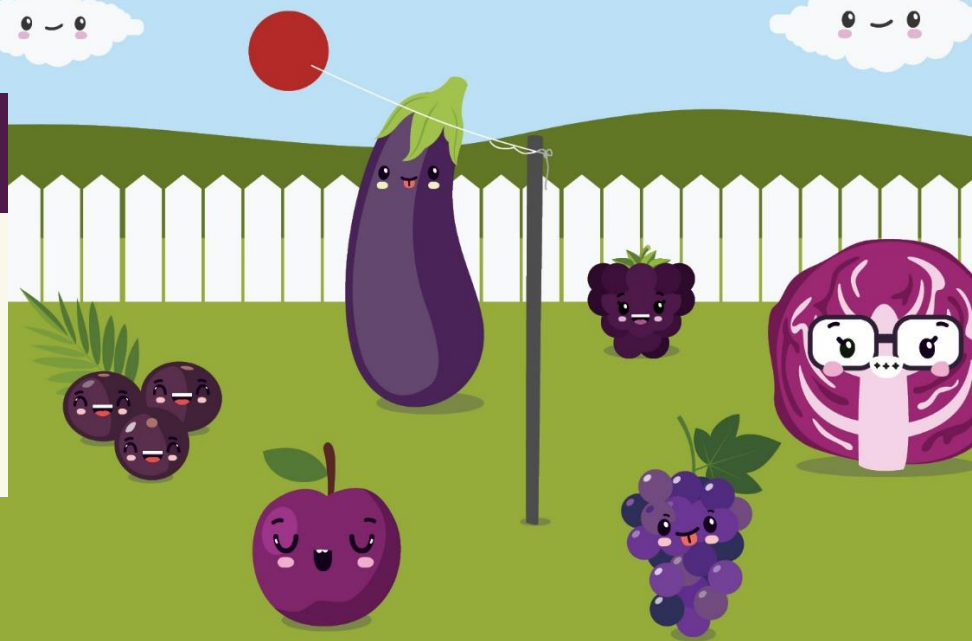
Paid: \$1.65

Reduced: \$0.30

Lunch Prices

Paid: \$2.85

Reduced: \$0.40



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1	BREAKFAST Apple Frudel	2	BREAKFAST French Toast Sticks	3	BREAKFAST Sausage Biscuit	4	BREAKFAST Mini Cinni	 5
		LUNCH Chicken Tenders w/ Garlic Knot Grilled Cheese Sandwich Pretzel, Yogurt, Cheese Pack PBJ Sandwich Roasted Carrots, Fresh Broccoli, Pears, Apple Wedges, Fruit Juice		LUNCH Dorito Walking Taco Cheese Quesadilla Popcorn Chicken Salad & Roll PBJ Sandwich Refried Beans, Cucumber Slices, Applesauce, Fresh Banana, Apple Juice		LUNCH Cheeseburger Bean & Cheese Burrito Pretzel, Yogurt, Cheese Pack PBJ Uncrustable w/ Goldfish Cracker Golden Corn, Celery Sticks, Craisins, Blueberries, Fruit Juice		LUNCH Cheese Pizza Pepperoni Pizza Popcorn Chicken Salad w Roll PBJ Sandwich Steamed Broccoli, Red Pepper Strips, Peaches, Strawberries, Apple Juice, Ice cream cup	
	BREAKFAST Mini Cinni	8	BREAKFAST Sausage Breakfast Pizza	9	BREAKFAST Banana Bread	10	BREAKFAST Cheesy Egg Biscuit	 11	BREAKFAST Cinn Chip Scone
LUNCH Chicken Patty Sandwich Hot Dog Cheesy Romaine Salad w Roll PBJ Uncrustable w Goldfish Crackers Baked Beans, Baby Carrots, Pears, Fresh Orange, Grape Juice		LUNCH Turkey Barbacoa Soft Taco Chicken Tenders w Breadstick Turkey & Cheese Sub PBJ Sandwich Golden Corn, Celery Sticks, Mixed Fruit, Apple Wedges, Fruit Juice		LUNCH Oriental Orange Popcorn Chicken & Rice Cheeseburger Cheesy Romaine Salad w Roll PBJ Sandwich Green Beans, Cucumber Slices, Applesauce, Fresh Banana, Apple Juice		LUNCH French Toast Sticks w Sausage Patties Cheese Quesadilla Turkey & Cheese Sub PBJ Uncrustable w Goldfish Crackers Tater Tots, Red Pepper Strips, Craisins, Blueberries, Fruit Juice		LUNCH Cheese Pizza Pepperoni Pizza Cheesy Romaine Salad w Roll PBJ Sandwich Seasoned Steamed Carrots, Fresh Broccoli, Peaches, Strawberries, Apple Juice	
BREAKFAST Sausage Breakfast Pizza	15	BREAKFAST Cinn Sugar Donut Holes	16	BREAKFAST Sausage Biscuit	17	BREAKFAST Waffles	18	BREAKFAST Sausage Pancake Wrap	19
LUNCH Mini Corn Dogs w Mac & Cheese Hamburger Popcorn Chicken Salad w Roll PBJ Uncrustable w Goldfish Crackers French Fries, Baby Carrots, Fresh Orange, Pears, Grape Juice		LUNCH Super Nachos Chicken Tenders w Breadstick Pepperoni Pizza Pack PBJ Sandwich Refried Beans, Fresh Broccoli, Mixed Fruit, Apple Wedges, Fruit Juice		LUNCH Popcorn Chicken Bowl w Roll Cheese Pizzadilla Popcorn Chicken Salad w Roll PBJ Sandwich Golden Corn, Red Pepper Strips, Applesauce, Fresh Banana, Apple Juice		LUNCH BBQ Chicken Flatbread Chicken Nuggets w Breadstick Pepperoni Pizza Pack PBJ Uncrustable w Goldfish Crackers Green Beans, Cucumber Slices, Raisins, Blueberries, Fruit Juice		LUNCH Buffalo Pizza Sticks Pepperoni Pizza Popcorn Chicken Salad w Roll PBJ Sandwich Steamed Broccoli, Celery Sticks, Peaches, Strawberries, Apple Juice	
BREAKFAST Apple Frudel	22	BREAKFAST French Toast Sticks	23	BREAKFAST Sausage Breakfast Pizza	24	BREAKFAST Chocolate Filled Crescent	 25	BREAKFAST Powdered Sugar Donut	26
LUNCH Soft Tacos Cheeseburger Ham Chef Salad w Roll PBJ Uncrustable w Goldfish Crackers Refried Beans, Baby Carrots, Fresh Orange, Pears, Grape Juice		LUNCH Meatball Pizza Sub Corn Dog Apple Wedges, Cheese Stick & Yogurt Pack PBJ Sandwich Green Beans, Cucumber Slices, Mixed Fruit, Apple Wedges, Fruit Juice		LUNCH Mini Pancakes w Cheese Omelet Chicken Patty Sandwich Ham Chef Salad w Roll PBJ Sandwich Tater Tots, Fresh Broccoli,, Applesauce, Fresh Banana, Apple Juice		LUNCH Asian Chicken Dumplings with Rice Hot Dog Apple Wedges, Cheese stick & Yogurt Pack PBJ Uncrustable w Goldfish Crackers Steamed Broccoli, Celery Sticks, Craisins, Blueberries, Fruit Juice		LUNCH Cheese Pizza Pepperoni Pizza Ham Chef Salad w Roll PBJ Sandwich Golden Corn, Red Pepper Strips, Peaches, Strawberries, Apple Juice	
BREAKFAST Cheesy Egg Biscuit	29	BREAKFAST Mini Cinni	30						
LUNCH Popcorn Chicken w Lomien Pasta Grilled Cheese Italian Salad w Roll PBJ Uncrustable w Goldfish Crackers Baked Beans, Baby Carrots, Fresh Orange, Pears, Grape Juice		LUNCH Chicken Patty Sandwich Cheese Pizzadilla Turkey & Cheese Sub PBJ Sandwich Steamed Broccoli, Celery Sticks, Mixed Fruit, Apple Wedges, Fruit Juice							

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month. In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins
Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants
Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye
1 large pot
1 strainer
2 cups of chopped red cabbage
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)



PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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This institution is an equal opportunity provider.