

FEBRUARY 2023

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, January 23, 2023.

You can always grab breakfast in your classroom. Breakfast includes an entrée (consisting of 1 or 2 items), fruit, 100% fruit juice & milk

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



ACE'S CORNER

Breakfast Prices

Paid: \$1.35

Reduced: \$0.30

Lunch Prices

Paid: \$2.35

Reduced: \$0.40



**Menus are subject to change.

Due to labor & product shortages resulting from the pandemic, expect menu adjustments

Salad bars are back & available daily!

Cheese Sandwich is offered at lunch daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WG Mini Pancakes 1 Apple Slices	WG Chocolate Chip Muffin 2 Banana	WG Mini Waffles 3 Raisins
		Cheese Ravioli with Marinara Sauce WG Breadstick Roasted Squash Soybutter & Jelly Sandwich Meal Early Release Day	Hot Dog on a WG Bun <i>National Tater Tot Day!</i> Tater Tots Soybutter & Jelly Sandwich Meal	WG Three Cheese French Bread Pizza Steamed Cauliflower Soybutter & Jelly Sandwich Meal
Cereal Bowl 6 WG Graham Crackers Apple	WG Oatmeal Chocolate Chip 7 BenefIT Bar Raisins	WG Banana Bread Slice 8 Applesauce Cup	WG Mini Cream Cheese 9 Bagels Banana	WG Nutri-Grain Bar 10 String Cheese Sliced Peach Cup
WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal	Cheesy Beefy Potato Bowl <i>New Limited Tim Item!</i> with Pretzel Rods Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal	Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal	WG Chicken Patty Sandwich Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Cheese Flatbread Steamed Broccoli Soybutter & Jelly Sandwich Meal
WG Cereal Bar 13 WG Animal Crackers Pear	WG Glazed Donut 14 Apple Slices	WG Mini Cream Cheese 15 Bagels Applesauce Cup	WG Mini Cinnamon French 16 Toast Banana	WG Apple Frudel 17 Strawberry Craisins
WG Chicken Corn Dog Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Chicken Nuggets <i>Happy Valentine's Day!</i> WG Crackers Green Beans Valentine's Day Treat Soybutter & Jelly Sandwich Meal	Cheeseburger on a WG Bun Roasted Carrots Soybutter & Jelly Sandwich Meal	Chicken Alfredo WG Dinner Roll Steamed Broccoli Soybutter & Jelly Sandwich Meal	WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal
No School 20 Mid-Winter Break	No School 21 Mid-Winter Break	WG Pop-Tart 22 WG Animal Crackers Applesauce Cup	WG Muffin 23 Vanilla Yogurt Cup Strawberries	WG Bagel with Cream Cheese 24 Banana
		WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal	WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal	Pepperoni Calzone Roasted Cauliflower Soybutter & Jelly Sandwich Meal
Cereal Bowl 27 WG Graham Crackers Apple	WG UBR Breakfast Round 28 Pear			
Breaded Chicken Drumstick WG Biscuit Sweet Golden Corn Soybutter & Jelly Sandwich Meal	Spaghetti with Meatballs WG Breadstick Mixed Vegetables Soybutter & Jelly Sandwich Meal Early Release Day			

A NUTRITIOUS BANANZA



The scientific name for banana is *musa sapientum*, which means “fruit of the wise men.” Bananas foster lots of vitamin C, potassium, fiber, and vitamin B6 making them a wise choice. These yellow fruits, botanically classified as berries, are an appealing snack because they are low in calories and have no fat, sodium, or cholesterol. It’s no wonder that the average U.S. person consumes 90 bananas each year. In addition to all the nutritional value, banana plants are also very useful—their large leaves can be used as umbrellas while their fibers are often harvested to make rope and tea bags.

DID YOU KNOW?

HEALING PEEL Thanks to its oil, rubbing the inside of a banana peel on a bug bite (or on poison ivy) will help keep it from itching and getting inflamed.



QUITE THE HANDFUL

A true, harvested “bunch” of bananas—weighing from 66 to 110 pounds—is made up of several tiers of banana clusters called “hands”, while a single banana is called a “finger”.



ACE’S JOKE OF THE MONTH

Q. WHAT IS THE EASIEST WAY TO MAKE A BANANA SPLIT?

SEE ANSWER BELOW

ACTIVITY: ESTATE OF BANANAS

Bananas are only farmed in one U.S. State. Use the first letter from the names of the clues below to figure out which one! Use only one letter per box.

SEE ANSWER BELOW

Six empty yellow boxes for letter entry.



WE ARE A BUNCH OF “HANDS”!