

# JANUARY 2023

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, December 12, 2022.

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.

Cheese Sandwich is offered at lunch daily.

Salad bars are back & available daily!

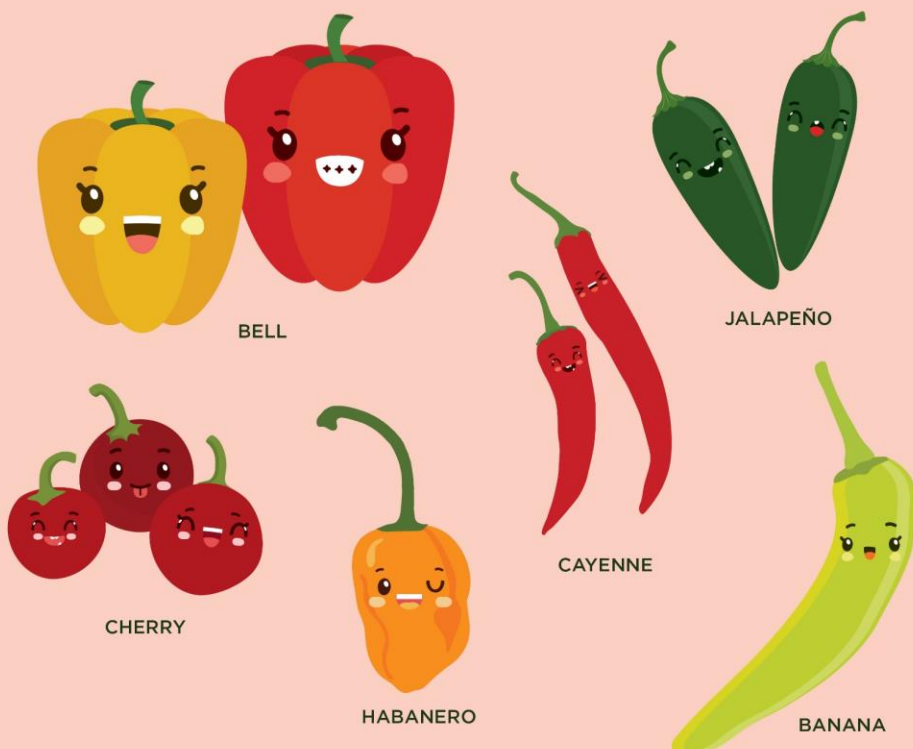
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
No School Winter/Holiday Break	<b>2</b>	Cereal Bowl WG Graham Crackers Raisins	<b>3</b>	WG Banana Bread Slice Applesauce Cup	<b>4</b>	WG Mini Cream Cheese Bagels Banana	<b>5</b>	WG Nutri-Grain Bar String Cheese Sliced Peach Cup	<b>6</b>
		Hot Dog on a WG Bun 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 Crazy Cheese Bread Steamed Broccoli Soybutter & Jelly Sandwich Meal	
WG Cereal Bar WG Animal Crackers Pear	<b>9</b>	WG Glazed Donut Apple Slices	<b>10</b>	WG Mini Cream Cheese Bagels Applesauce Cup	<b>11</b>	WG Mini Cinnamon French Toast Banana	<b>12</b>	WG Apple Frudel Strawberry Craisins	<b>13</b>
WG Chicken Corn Dog Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal		WG Mini Pancakes Turkey Sausage Links Tater Tots Soybutter & Jelly Sandwich Meal		Cheeseburger on a WG Bun Roasted Carrots Soybutter & Jelly Sandwich Meal		Black Bean Chili Frito Bowl Steamed Broccoli Soybutter & Jelly Sandwich Meal	<i>New Limited Time Item</i>	WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal	
No School MLK Jr. Day	<b>16</b>	WG Oatmeal Raisin BenefIT Bar Raisins	<b>17</b>	WG Pop-Tart WG Animal Crackers Applesauce Cup	<b>18</b>	WG Muffin Vanilla Yogurt Cup Strawberries	<b>19</b>	WG Bagel with Cream Cheese Banana	<b>20</b>
		WG Chicken Nuggets WG Crackers Roasted Asparagus Soybutter & Jelly Sandwich Meal	<i>Discovery Day! Roasted Asparagus</i>	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 WG Graham Crackers Apple	<b>23</b>	WG UBR Breakfast Round Pear	<b>24</b>	WG Apple Frudel Applesauce Cup	<b>25</b>	WG French Toast BeneFIT Bar Raisins	<b>26</b>	Strawberry Banana Yogurt Cup WG Scooby Doo Crackers Banana	<b>27</b>
Breaded Chicken Drumstick WG Biscuit Sweet Golden Corn Soybutter & Jelly Sandwich Meal		Spaghetti with Meatballs WG Breadstick Mixed Vegetables Soybutter & Jelly Sandwich Meal		Sweet & Sour Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal		Cheesy Egg Omelet Turkey Sausage Patty Sweet Potato Fries Soybutter & Jelly Sandwich Meal		WG Cheese Pizza Seasoned Green Beans Soybutter & Jelly Sandwich Meal	
WG Cereal Bar WG Animal Crackers Pear	<b>30</b>	WG Mini Cinnis Strawberry Craisins	<b>31</b>						
Macaroni & Cheese WG Dinner Roll Roasted Cauliflower Soybutter & Jelly Sandwich Meal		Popcorn Chicken Bowl WG Crackers Sweet Golden Corn Soybutter & Jelly Sandwich Meal							

# WELCOME TO THE PEP RALLY

Red bell peppers are a member of the capsicum annuum family. Perfect for January's chili weather, red peppers provide just the right sweetness and crunch, unlike other peppers whose intensity can be overpowering. Bell peppers are different from many of their relatives because they don't have capsaicin, the compound that makes certain peppers hot and spicy. Red peppers can be prepared raw, cooked, roasted, or pickled. Eating them can have several health benefits, such as improved eye health and reduced risk of several chronic diseases. Red peppers also boast four times the vitamin C of an orange, making them sure to add some pep to your step.

## ACTIVITY: SPICE AS NICE

Peppers have a range of flavors. On the thermometer, rank these peppers from sweet to bringin' on the heat!



This institution is an equal opportunity provider.

## DID YOU KNOW?

### SOME THINGS GET SWEETER WITH TIME...

Red bell peppers are actually just fully ripened green bell peppers, which is why they are sweeter in taste.

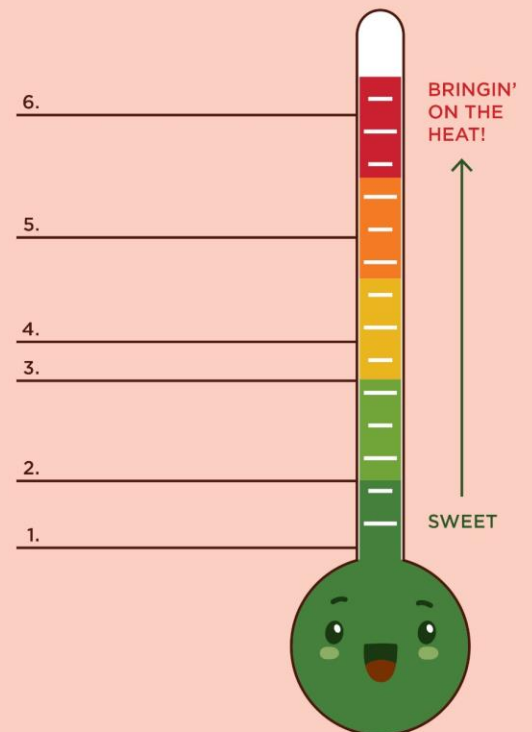
### SEED WHAT I MEAN?

While bell peppers are commonly called vegetables, they are technically classified as fruits since they are produced from a flowering plant and contain seeds.

## ACE'S JOKE OF THE MONTH

Q. WHY DID THE TOMATO GO OUT WITH A PRUNE?

SEE ANSWER BELOW



JOKE ANSWER: Because he couldn't find a date.  
 ACTIVITY ANSWER: 1. Bell; 2. Banana; 3. Cherry; 4. Jalapeño; 5. Cayenne; 6. Habanero