

JUNE 2023

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, May 22, 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 offered at lunch daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			WG Mini Cinnamon French Toast Banana 1 Chicken Alfredo WG Dinner Roll Steamed Broccoli Soybutter & Jelly Sandwich Meal	WG Apple Frudel Strawberry Craisins 2 WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal Salk Spring BBQ
Cereal Bowl 5 WG Graham Crackers Apple Slices Chicken Nachos Sweet Golden Corn Soybutter & Jelly Sandwich Meal Edison Spring BBQ	WG Oatmeal Raisin BeneFIT Bar Raisins 6 WG Chicken Nuggets WG Crackers Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal Emerson Spring BBQ	WG Glazed Donut Applesauce Cup 7 WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal	French Toast Crunch Mania Strawberries 8 No Lunch Half Day	WG Bagel with Cream Cheese Banana 9 No Lunch Half Day Last Day of School!
12	13	14	15	16
19 Summer Feeding Programs Begin!	20	21	22	23
26	27	28	29	30

WATER YOU WAITING FOR?

Dig into these juicy, Watermelon facts

We are no stranger to watermelon (*Citrullus lanatus*) and on average eat around 16 pounds of it a year. Luckily, on top of being delicious and the perfect summer treat, **watermelon is full of nutritious vitamins and antioxidants**. While you can't actually grow a watermelon in your belly by eating the seeds, watermelon seeds are nutritious with high levels of magnesium, zinc, and protein. **Watermelon is also the perfect brain fuel** because it contains high levels of vitamin B6, which boosts neurotransmitter production and is necessary for brain development.

ACE'S JOKE OF THE MONTH



Q. Why are bananas never lonely?

SEE ANSWER BELOW

DID YOU KNOW?

FRESH FRUIT IS APEELING

We think of watermelon as a fruit because of its sweet flavor and similarities to the melon family, but watermelon is technically also a vegetable. It belongs to the cucurbit family, and is related to pumpkins, cucumbers, and squash.

EWV!

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.

ACTIVITY

Drinking water is super important, especially in the summer months. On top of drinking water, pick out which fruits and veggies will help you get all the H2O you need to stay hydrated:

TAKE A GUESS! CIRCLE **FOUR** FRUITS & VEGGIES THAT ARE 90% WATER:

SEE ANSWER BELOW



RADISH



WATERMELON



CUCUMBER



CORN



ZACK



ORANGE



BROCCOLI

MORE FRUITS AND VEGGIES ROCKING OVER 90% IN WATER CONTENT:

Lettuce, Celery, Tomatoes, Bell Peppers, Cauliflower, Spinach, Strawberries, Grapefruit, and Cantaloupe