

MARCH 2023

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Wednesday, February 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

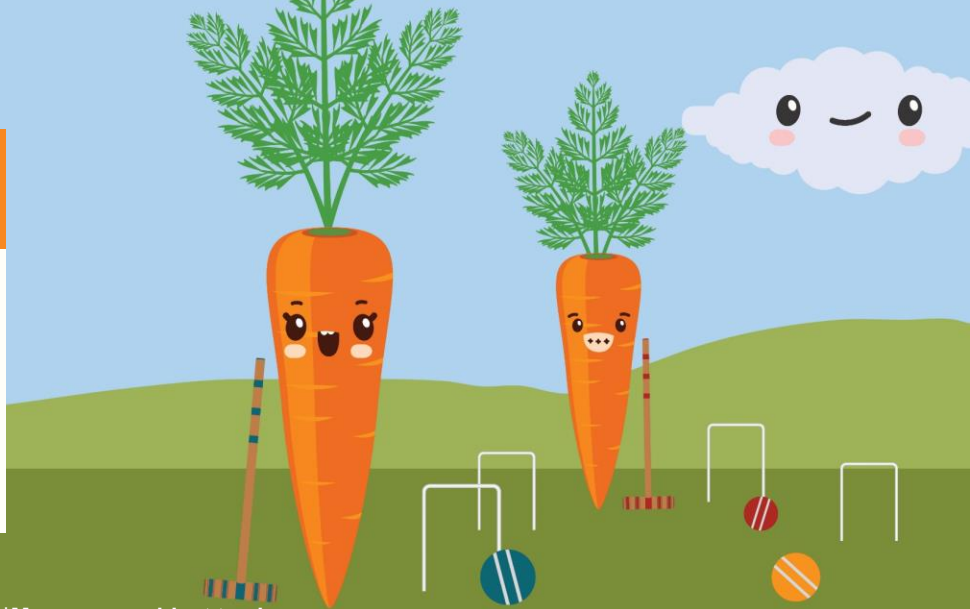
Paid: \$1.35

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
<p>National School Breakfast Week is March 6 – 10! Any student who eats breakfast all 5 days during breakfast week will receive a FREE chocolate chip cookie in the cafeteria the following week! (No lunch purchase required.)</p>		<p>WG Apple Frudel Applesauce Cup 1</p> <hr/> <p>Sweet & Sour Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal</p>	<p>Banana Chocolate Chunk BeneFIT Bar Raisins 2</p> <hr/> <p>No Lunch Half Day</p>	<p>Strawberry Banana Yogurt Cup WG Scooby Doo Crackers Banana 3</p> <hr/> <p>No Lunch Half Day</p>
<p>WG Cereal Bar WG Animal Crackers Pear 6</p> <p>Rotini with Marinara Sauce WG Breadstick Roasted Squash Soybutter & Jelly Sandwich Meal</p>	<p>WG Mini Cinnis Strawberry Craisins 7</p> <hr/> <p>Popcorn Chicken Bowl WG Crackers Sweet Golden Corn Soybutter & Jelly Sandwich Meal</p>	<p>WG Mini Pancakes Apple Slices 8</p> <hr/> <p>Turkey Burger Waffle Sandwich with Honey Sriracha Sauce Wedge Fries Soybutter & Jelly Sandwich Meal</p>	<p>WG Chocolate Chip Muffin Banana 9</p> <hr/> <p>No Lunch Half Day</p>	<p>WG Mini Donuts Raisins 10</p> <hr/> <p>WG Three Cheese French Bread Pizza Steamed Cauliflower Soybutter & Jelly Sandwich Meal</p>
<p>Cereal Bowl WG Graham Crackers Apple 13</p> <hr/> <p>WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal</p>	<p>WG Oatmeal Chocolate Chip BeneFIT Bar Raisins 14</p> <hr/> <p>WG Chicken Tenders WG Crackers Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal</p>	<p>WG Banana Bread Slice Applesauce Cup 15</p> <hr/> <p>Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal</p>	<p>WG Mini Cream Cheese Bagels Banana 16</p> <hr/> <p>WG Chicken Patty Sandwich Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal</p>	<p>WG Nutri-Grain Bar String Cheese Sliced Peach Cup 17</p> <hr/> <p>WG Cheese Flatbread Steamed Broccoli Shamrock Sugar Cookie Soybutter & Jelly Sandwich Meal</p>
<p>WG Cereal Bar WG Animal Crackers Pear 20</p> <hr/> <p>WG Chicken Corn Dog Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal</p>	<p>WG Glazed Donut Apple Slices 21</p> <hr/> <p>Mozzarella Cheese Sticks Marinara Sauce Green Beans Soybutter & Jelly Sandwich Meal</p>	<p>WG Mini Cream Cheese Bagels Applesauce Cup 22</p> <hr/> <p>Cheeseburger on a WG Bun Roasted Carrots Soybutter & Jelly Sandwich Meal</p>	<p>WG Mini Cinnamon French Toast Banana 23</p> <hr/> <p>Chicken Alfredo WG Dinner Roll Steamed Broccoli Soybutter & Jelly Sandwich Meal</p>	<p>WG Apple Frudel Strawberry Craisins 24</p> <hr/> <p>WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal</p>
<p>Cereal Bowl WG Graham Crackers Apple Slices 27</p> <hr/> <p>Salisbury Steak with Gravy Dinner Roll Mashed Potatoes Soybutter & Jelly Sandwich Meal</p>	<p>WG Oatmeal Raisin BeneFIT Bar Raisins 28</p> <hr/> <p>Chicken Parmesan with Noodles Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal</p>	<p>WG Pop-Tart String Cheese Applesauce Cup 29</p> <hr/> <p>WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal</p>	<p>WG Muffin WG Animal Crackers Strawberries 30</p> <hr/> <p>WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal</p>	<p>No School Spring Break 31</p>

ROOTING FOR YOUR HEALTH

Carrots are an excellent source of fiber, vitamin C, potassium, and beta-carotene, which are all important for your vision, skin, and growth. Carrots are root vegetables and the portion we munch on is called the taproot. The carrots we know and love are actually a subspecies of the wild carrot, *daucus carota*. Today, most carrots are orange, but there are also purple, red, white, and yellow varieties. Rabbits do not actually eat carrots in the wild, but the average person will consume 10,866 carrots in a lifetime.

DID YOU KNOW?

ORANGE IS THE HAPPIEST COLOR...

If you were to eat large amounts of carrots, far beyond the usual daily portions, it can cause a condition called "carotenemia." This causes the skin to turn yellowish orange, especially on the palms or soles of the feet, but it is completely harmless. Don't worry, this condition is not caused by average portions and is easily reversed by reducing your carrot intake.

ACE'S JOKE OF THE MONTH


Q. HOW DO YOU MAKE GOLD SOUP?

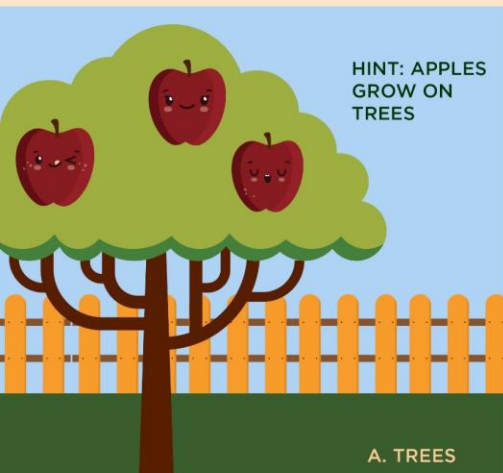
SEE ANSWER BELOW



ACTIVITY: ROOT TO BRANCH, STEM TO VINE

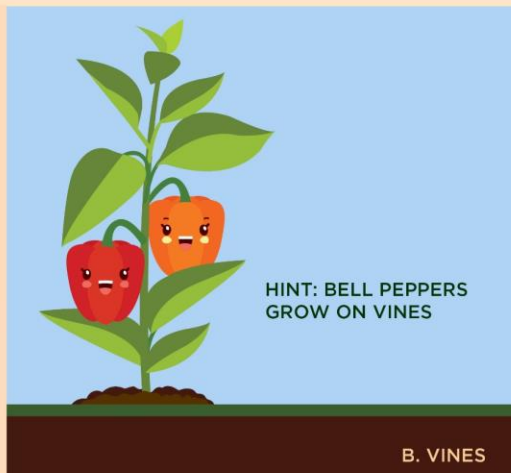
Draw a line from the fruit or vegetable to where it grows.

1. 	2. 	3. 	4. 	5. 	6. 	7. 
PUMPKIN	ORANGE	STRAWBERRY	POMMEGRANATE	RADISH	SWEET POTATO	TOMATOE



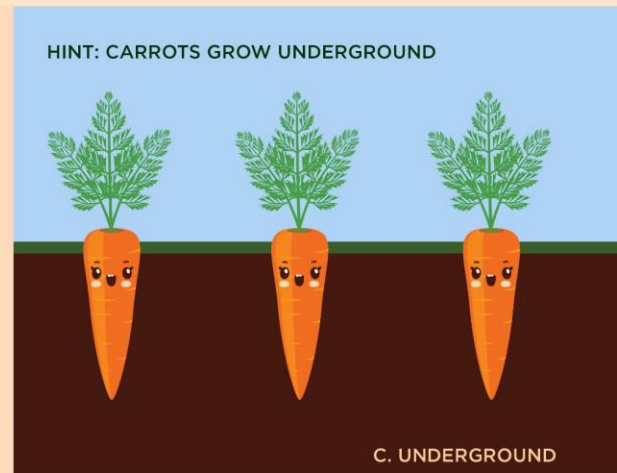
HINT: APPLES GROW ON TREES

A. TREES



HINT: BELL PEPPERS GROW ON VINES

B. VINES



HINT: CARROTS GROW UNDERGROUND

C. UNDERGROUND