

MAY 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

****Menus are subject to change.**
Due to labor & product shortages resulting from the pandemic, expect menu adjustments

Soybutter & Jelly Sandwich meal is offered at lunch daily.

Milk is included with all lunches.

Daily vegetable is listed in green.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cereal Bar Apple Slices	2	Mini Cinnis Applesauce Cup	3	French Toast BeneFIT Bar Mixed Fruit Cup	4	Mini Pancakes Craisins	5	Chocolate Muffin Strawberry Yogurt Banana	6
Bosco Cheese Sticks Marinara Sauce Carrot Coins Apple		Popcorn Chicken Bowl Cheez-It Crackers Sweet Golden Corn Apple Slices		Chicken Alfredo Dinner Roll Celery Sticks 100% Fruit Juice		Hot Dog on a Bun Baked Beans Mixed Fruit		Three Cheese Bread Steamed Broccoli Pear	
Cereal Bar Animal Crackers Apple	9	Cherry Frudel Pear	10	Scooby Crackers String Cheese Applesauce Cup	11	Blueberry Muffin Banana	12	Nutri-Grain Bar Graham Crackers Raisins	13
Chicken Nuggets Crackers French Fries Fresh Orange		Salisbury Steak Dinner Roll Tater Tots 100% Fruit Juice		Beef Soft Tacos Kickin' Pintos Banana		Yogurt Parfait Graham Crackers Colorful Peppers Snack Pack Strawberries		French Bread Pizza Romaine Salad Apricots	
Cereal Animal Crackers Applesauce Cup	16	Mini Donuts Strawberries	17	Mini Cream Cheese Bagels Apple Slices	18	French Toast Crunch Mania Banana	19	Oatmeal Chocolate Chip BeneFIT Bar Craisins	20
Corn Dog Baked Beans Mixed Fruit		Cheese Quesadilla Carrot Coins Pear		French Toast Sticks Turkey Sausage Patty Tater Tots Fresh Orange		Sweet & Sour Chicken Brown Rice Steamed Broccoli Pineapple Snack Pack		Pepperoni Calzone Roasted Cauliflower Mandarin Oranges	
Cereal Bar Animal Crackers Apple	23	Pop-Tart Strawberry Yogurt Raisins	24	Glazed Donut Applesauce Cup	25	Mini French Toast Raisins	26	Mini Cream Cheese Bagels Mixed Fruit Cup	27
Chicken Drumstick Biscuit Tater Tots Cantaloupe Snack Pack		Spaghetti with Meatballs Breadstick Green Beans Apple		Walking Chicken Taco Refried Beans Mandarin Oranges		Macaroni & Cheese Dinner Roll Steamed Zucchini Squash Pear		Cheeseburger Pickle Spear Fresh Broccoli Sliced Peaches	
No School Memorial Day	30	Graham Crackers String Cheese Craisins	31						
		Chicken Parmesan Pasta Noodles Mixed Vegetables Fresh Orange							



Now Hiring!!
Food Service is Hiring!
Work While Kids are in School!
Apply online on our district webpage.

BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME



WATERMELON + CUCUMBER + MINT

This institution is an equal opportunity provider.



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

- Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
- In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
- Pour the honey mixture over the berries and toss gently to coat.
- Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



*DO NOT attempt to cut or chop without adult supervision.