

MAY 2023

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Friday, April 21, 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.

Cheese Sandwich offered at lunch daily.

Salad bars are back & available daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowl 1 WG Graham Crackers Apple Slices <hr/> Chicken Nachos Sweet Golden Corn Soybutter & Jelly Sandwich Meal	WG Oatmeal Raisin BeneFIT Bar Raisins 2 <hr/> WG Chicken Nuggets WG Crackers Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Glazed Donut Applesauce Cup 3 <hr/> WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal	WG Muffin Vanilla Yogurt Cup Strawberries 4 <hr/> WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal	WG Bagel with Cream Cheese Banana 5 <hr/> Pepperoni Calzone Roasted Cauliflower Soybutter & Jelly Sandwich Meal <div style="float: right; border: 1px solid black; padding: 2px; color: yellow; font-weight: bold;">Lunch Hero Day!</div>
Cereal Bowl 8 WG Graham Crackers Apple <hr/> Breaded Chicken Drumstick WG Biscuit Mashed Potatoes Soybutter & Jelly Sandwich Meal	WG UBR Breakfast Round Pear 9 <hr/> Spaghetti with Meatballs WG Breadstick Mixed Vegetables Soybutter & Jelly Sandwich Meal	WG Apple Frudel Applesauce Cup 10 <hr/> Yogurt Parfait Bar WG Crackers or Granola Steamed Broccoli Soybutter & Jelly Sandwich Meal	Banana Chocolate Chunk BeneFIT Bar Raisins 11 <hr/> WG Mini Pancakes with Syrup Cup Turkey Sausage Patty Sweet Potato Fries Soybutter & Jelly Sandwich Meal Early Release Day	Strawberry Banana Yogurt Cup 12 WG Scooby Doo Crackers Banana <hr/> WG Cheese Pizza Seasoned Green Beans Soybutter & Jelly Sandwich Meal
WG Cereal Bar 15 WG Animal Crackers Strawberry Craisins <hr/> WG Mini Corn Dogs Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Mini Cinnis Pear 16 <hr/> Popcorn Chicken Bowl WG Crackers Sweet Golden Corn Soybutter & Jelly Sandwich Meal	WG Mini Pancakes Apple Slices 17 <hr/> Cheese Ravioli with Marinara Sauce WG Breadstick Roasted Squash Soybutter & Jelly Sandwich Meal	WG Crunch Mania Banana 18 <hr/> Chipotle Chickpea Hoagie French Fries Soybutter & Jelly Sandwich Early Release Day <div style="float: right; border: 1px solid black; padding: 2px; color: yellow; font-weight: bold;">New Limited Time Item!</div>	WG Mini Donuts Raisins 19 <hr/> WG Three Cheese French Bread Pizza Steamed Cauliflower Soybutter & Jelly Sandwich Meal
Cereal Bowl 22 WG Graham Crackers Apple <hr/> WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal Disney Spring BBQ	WG Oatmeal Chocolate Chip BeneFIT Bar Raisins 23 <hr/> WG Chicken Tenders WG Crackers Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal Twain Spring BBQ	WG Banana Bread Slice Applesauce Cup 24 <hr/> Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal	WG Mini Cream Cheese Bagels Banana 25 <hr/> WG Chicken Patty Sandwich Tater Tots Soybutter & Jelly Sandwich Meal Dooley Spring BBQ	WG Nutri-Grain Bar String Cheese Sliced Peach Cup 26 <hr/> WG Cheese Flatbread Steamed Broccoli Soybutter & Jelly Sandwich Meal
No School Memorial Day 29	WG Glazed Donut Apple Slices 30 <hr/> Mozzarella Cheese Sticks Marinara Sauce Roasted Carrots Soybutter & Jelly Sandwich Meal Eisenhower Spring BBQ	WG Mini Cream Cheese Bagels Applesauce Cup 31 <hr/> Bacon Cheeseburger on a WG Bun Wedge Fries Soybutter & Jelly Sandwich Meal National Cheeseburger Day		

REACH FOR THE STAR BERRIES!

Another name for blueberries is star berries. Native Americans gave them this name because their blossoms are shaped like a five-pointed star. Perfect on oatmeal, yogurt, and cereal, blueberries are one of the only naturally blue foods and they pack a lot of nutritional punch. Not only are blueberries low in calories—one cup of blueberries contains lots of antioxidants, 3.6 grams of fiber, and 25 percent of the recommended daily amount of vitamin C. Fresh-picked blueberries should always be dusty in color; this dusty substance known as bloom helps keep the berries fresh longer. The U.S. harvests the most blueberries in the world with 10 states growing 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington.



DID YOU KNOW?

BLUE FREEZE Blueberries freeze in just four minutes!



DYE-ING TO KNOW

Blueberries can be used as a natural food dye. Legend has it that early American colonists boiled them with milk to make gray paint.

ACE'S JOKE OF THE MONTH



Q. HOW MANY BLUEBERRIES ARE IN A SLICE OF PI?

SEE ANSWER BELOW

ACTIVITY: FLOAT OR FLOATIE?

Depending on their density, some fruits float, while others sink! Circle the three fruits that will sink and need to use a floatie.

SEE ANSWER BELOW



WATERMELON



LEMON



APPLE



AVOCADO



BANANA



MANGO



LIME

