



SEPTEMBER 2023



You can always **Pick 2**
for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO*
of the following: **cereal**, **string cheese**,
toast or **yogurt**.

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

ACE'S CORNER

Breakfast Prices

Paid: \$1.50

Reduced: \$0.30

Lunch Prices

Paid: \$2.80

Reduced: \$0.40

Cheese Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div><div>Cinnamon Chip Scone⁰¹</div><div>1. Cheese Pizza 2. Fish Sticks</div><div>Fresh Romaine, Corn, Apricot Halves, Whole Apple</div></div>
<div><div>04</div><div></div></div>	<div><div>Mini Cinnamon Roll⁰⁵</div><div>1. Pretzel Yogurt Pack 2. Popcorn Chicken</div><div>Fresh Broccoli, Steamed Carrots, Diced Pears, Fresh Oranges</div></div>	<div><div>Powdered Donut⁰⁶</div><div>1. Cheese Quesadilla 2. Chicken Tenders</div><div>Celery, Campfire Beans, Diced Peaches, Whole Apple</div></div>	<div><div>Blueberry Waffles⁰⁷</div><div>1. Bacon Cheeseburger 2. Bagel Pizza Pack</div><div>Fresh Spinach, Mixed Veg, Applesauce, Banana</div></div>	<div><div>Apple Breakfast Round⁰⁸</div><div>1. Pepperoni Pizza 2. Chicken Patty</div><div>Steamed Carrots, Fresh Spinach, Apricot Halves, Fresh Pears</div></div>
<div><div>Cinnamon Raisin Bagel¹¹</div><div>1. Hot Dog 2. Chicken Patty Sliders</div><div>Fresh Broccoli, Green Beans, Fruit Mix, Fresh Oranges</div></div>	<div><div>Sausage Breakfast Pizza¹²</div><div>1. Spaghetti & Meatballs 2. Chicken Tender</div><div>Red Pepper Strips, Mashed Potatoes, Diced Pears, Whole Apple</div></div>	<div><div>Cinnamon Sugar Donut¹³</div><div>1. Cheeseburger 2. Chicken Nuggets</div><div>Edamame, Mixed Veg, Diced Peaches, Whole Apple</div></div>	<div><div>Apple Frudel¹⁴</div><div>1. French Toast Sticks & Sausage 2. Popcorn Chicken Salad</div><div>Corn, Celery, Warm Apple Slices, Banana</div></div>	<div><div>Mixed Berry Scone¹⁵</div><div>1. Cheese Pizza 2. Chicken Nuggets</div><div>Fresh Spinach, Steamed Carrots, Apricot Halves, Grapes</div></div>
<div><div>Straw/Ban Yogurt¹⁸</div><div>1. Mini Corn Dogs w/ Mac & Cheese 2. Hamburger On Bun</div><div>Fresh Romaine, Celery, Fruit Mix, Fresh Oranges</div></div>	<div><div>Maple Waffles¹⁹</div><div>1. Beef Nachos 2. Chicken Tenders</div><div>Refried Beans, Corn, Diced Pears, Fresh Oranges</div></div>	<div><div>Glazed Donut²⁰</div><div>1. BBQ Rib SW 2. Cheese Quesadilla</div><div>Fresh Broccoli, Red Pepper Strips, Diced Peaches, Whole Apple</div></div>	<div><div>Pancake On A Stick²¹</div><div>1. Donut & Omelet 2. Chicken Nuggets</div><div>Fresh Broccoli, Green Beans, Fruit Mix, Banana</div></div>	<div><div>French Toast Bar²²</div><div>1. Sausage Pizza 2. Chicken Patty</div><div>Baby Carrots, Mixed Veg, Apricot Halves, Fresh Pears</div></div>
<div><div>Blueberry Bread²⁵</div><div>1. Soft Tacos 2. Popcorn Chicken</div><div>Fresh Romaine, Green Beans, Fruit Mix, Fresh Oranges</div></div>	<div><div>Stuffed Breakfast Pizza²⁶</div><div>1.Corn Dog 2. Swiss Burger</div><div>Cucumbers, Baked Beans, Diced Pears, Banana</div></div>	<div><div>Chocolate Donut²⁷</div><div>1. Disco Fries 2. Chicken Patty</div><div>Baby Carrots, Celery Sticks, Peach Slices, Whole Apple</div></div>	<div><div>Lemon Breakfast Bread²⁸</div><div>1. Emoji Pancakes & Sausage 2. Chicken Nuggets</div><div>Corn, Edamame, Applesauce, Watermelon</div></div>	<div><div>Mini Cinnamon Crunchy Bagels²⁹</div><div>1. Cheese Pizza 2. Pepperoni Pizza</div><div>Fresh Spinach, Red Pepper Strips, Apricot Halves, Whole Apple</div></div>

GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER: KIWI

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



BROCCOLI: Loaded with vitamins, protein, & iron
Peak Season: Oct. – Apr.

CUCUMBERS: Low calorie, hydrating, & packed with phytonutrients
Peak Season: May – Aug.



GRANNY SMITH APPLE:
Bursting with vitamins A, B, C, E, & K, plus fiber
Peak Season: Oct. – Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG
LETTUCE



ACE'S RECIPE OF THE MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

***DO NOT attempt to chop ingredients or cook without adult supervision.**