

MARCH 2024



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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Cinnamon Rolls 1 <hr/> Cheese Pizza* Chicken Sandwich w/ Sages Sauce Green Beans, Side Salad, Apricot Halves, Whole Apples
French Toast Sticks w/ Eggs 4 <hr/> Orange Chicken w/ Broc & Rice Hamburger Steamed Broccoli, Baby Carrots, Fruit Mix, Fresh Oranges	Yogurt Smoothie 5 <hr/> Nachos Corn dog Refried Beans, Red Pepper Strips, Diced Pears, Blueberries	Glazed Donut 6 <hr/> Mac & Cheese* Sun Butter & Jelly Sandwich* Cucumbers, Golden Corn, Diced Peaches, Applesauce	Sausage, Egg, & Cheese Bagel 7 <hr/> Pancakes & Sausage Grilled Cheese Tater Tots, Celery, Cinnamon Apple Slices, Banana	Biscuits & Gravy 8 <hr/> Cheese Pizza* Chicken Sandwich & BBQ Sauce Baked Beans, Variety Veggies, Applesauce, Variety Fresh Fruit

SPRING BREAK!

Waffles w/ Sausage 18 <hr/> Homemade Taco Quesadilla Italian Ham Salad w/ Bread Refried Beans, Celery Sticks Fruit Mix, Fresh Oranges	Chef's Choice Breakfast 19 <hr/> Salisbury Steak & Gravy Sun Butter & Jelly Sandwich* Mashed Potatoes, Baby Carrots, Diced Pears, Apples	Donut Holes 20 <hr/> Hot Dog Biscuits & Gravy Steamed Broccoli, Cucumber Slices, Diced Peaches, Cinnamon Applesauce	French Toast Sticks w/ Eggs 21 <hr/> Pasta/Meat Sauce w/ Garlic Bread Corn dog Celery Sticks, Golden Corn, Sour Applesauce, Banana	Cinnamon Rolls 22 <hr/> Cheese Pizza* Chicken Sandwich w/ Sages Sauce Green Beans, Cucumbers, Apricot Halves, Whole Apples
Pancakes w/ Sausage 25 <hr/> Nachos Hamburger Refried Beans, Side Salad, Fruit Mix, Fresh Oranges	Bagels w/ Cream Cheese 26 <hr/> Meatball Sub Chicken Tenders w/ Pretzel Rod Baked Beans, Cucumbers, Diced Pears, Craisins	Chocolate Glazed Donut 27 <hr/> BBQ Rib on a Bun Sun Butter & Jelly Sandwich* Baby Carrots, Celery Sticks, Diced Peaches, Rosy Applesauce	Bacon, Egg & Cheese Biscuit 28 <hr/> Popcorn Chicken w/ Bread Ham & Cheese Melt Golden Corn, Red Pepper Strips, Cinnamon Apple Slices, Banana	<div> </div>

BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: RASPBERRIES



Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



TOMATOES: Tons of antioxidants, vitamin C, & lycopene
Peak Season: May - Oct.

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



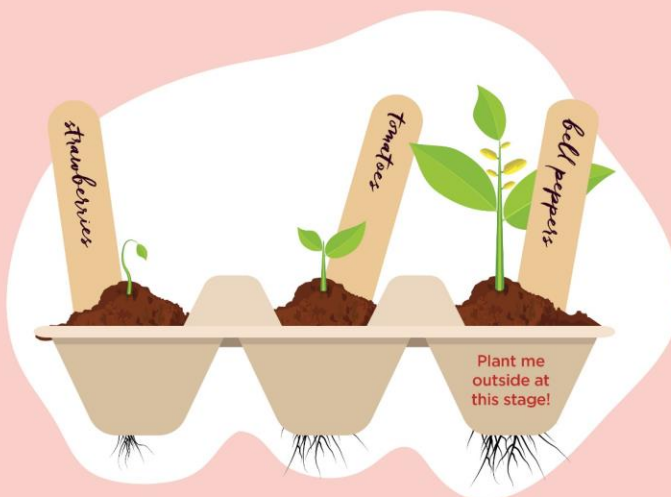
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers**.

MATERIALS: soil, water, an egg carton, popsicle sticks, and seeds

DIRECTIONS: Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



ACE'S RECIPE OF THE MONTH:

BEET APPLESAUCE*

This blushing applesauce can't be beet!



INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

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