

APRIL 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

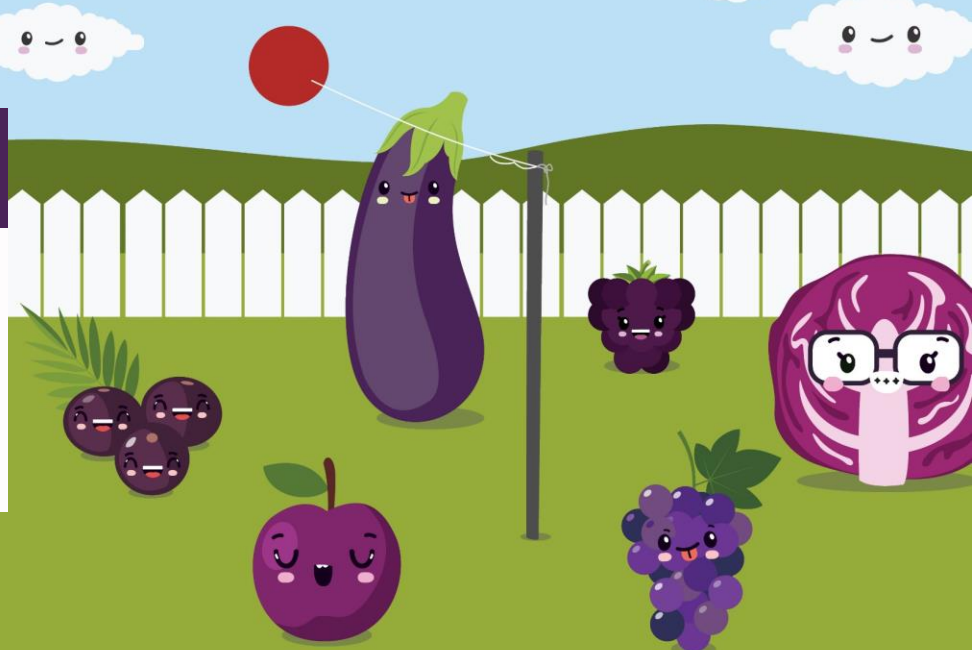
Paid: \$1.50

Reduced: \$0.30

Lunch Prices

Paid: \$2.80

Reduced: \$0.40



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reminder:
No School!

1

Yogurt Smoothie

Pretzel w/ Cheese
Mini Corn Dogs

Refried Beans, Baby Carrots,
Diced Pears, Strawberries

2

Powdered Donut

Chicken Alfredo
BBQ Rib

Baked Beans, Cucumber Slices,
Diced Peaches, Applesauce

3

Bacon, Egg & Cheese Taco

Pasta w/ Meat Sauce
Grilled Ham & Cheese

Green Beans, Red Pepper Strips,
Cinnamon Apple Slices, Banana

4

Cinnamon Rolls

Cheese Pizza*
Chicken Sandwich w/ Sages Sauce

Steamed Carrots, Variety Veggies,
Applesauce, Variety Fresh Fruit

5

French Toast Sticks w/ Eggs

8

Orange Chicken w/ Broc & Rice
Hamburger

Steamed Broccoli, Baby Carrots,
Fruit Mix, Fresh Oranges

Yogurt Parfait

9

Homemade Quesadilla
Popcorn Chicken Salad

Refried Beans, Side Salad
Diced Pears, Strawberries

Glazed Donut

10

Mac & Cheese*
Sun Butter & Jelly Sandwich*

Cucumbers, Golden Corn,
Diced Peaches, Grapes

Sausage, Egg, & Cheese Bagel

11

Pancakes & Sausage
Grilled Cheese

Tater Tots, Celery,
Cinnamon Apple Slices, Banana

Biscuits & Gravy

12

Cheese Pizza*
Chicken Sandwich & BBQ Sauce

Baked Beans, Variety Veggies,
Applesauce, Variety Fresh Fruit

Mini Maple Waffles

15

French Toast Sticks w/ Eggs
Chef Salad

Tater Tots, Cucumber Slices
Fruit Mix, Fresh Oranges

Yogurt Smoothie

16

Nachos
Corndog

Refried Beans, Red Pepper Strips,
Diced Pears, Strawberries

Chocolate Glazed Donut

17

Cheeseburger
Chicken Alfredo

French Fries, Baby Carrots
Diced Peaches, Applesauce

Bacon, Egg & Cheese Biscuit

18

Grilled Cheese w/ Tomato Soup
Doritos Nachos

Baked Beans, Celery Sticks
Cinnamon Apple Slices, Banana

Cinnamon Rolls

19

Cheese Pizza*
Chicken Sandwich

Golden Corn, Variety Veggies,
Applesauce, Variety Fresh Fruit

Chef's Choice Breakfast

22

Salisbury Steak & Gravy
Sun Butter & Jelly Sandwich*

Mashed Potatoes, Baby Carrots,
Fruit Mix, Fresh Oranges

Waffles w/ Sausage

23

Homemade Taco Quesadilla
Italian Ham Salad w/ Bread

Refried Beans, Celery Sticks
Diced Pears, Strawberries

Donut Holes

24

Hot Dog
Biscuits & Gravy

Steamed Broccoli, Cucumber
Slices, Diced Peaches, Cinnamon
Applesauce

French Toast Sticks w/ Eggs

25

Pasta/Meat Sauce w/ Garlic Bread
Corndog

Side Salad, Golden Corn,
Sour Applesauce, Banana

Cinnamon Rolls

26

Cheese Pizza*
Chicken Sandwich w/ Sages Sauce

Green Beans, Variety Veggies,
Applesauce, Variety Fresh Fruit

Bagels w/ Cream Cheese

29

Meatball Sub
Chicken Tenders w/ Pretzel Rod

Baked Beans, Cucumbers,
Fruit Mix, Fresh Oranges

Pancakes w/ Sausage

30

Nachos
Hamburger

Refried Beans, Side Salad,
Diced Pears, Strawberries

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month.

In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber

Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins

Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants

Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye

1 large pot

1 strainer

2 cups of chopped red cabbage

5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)



PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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

This institution is an equal opportunity provider.