



# APRIL 2024



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

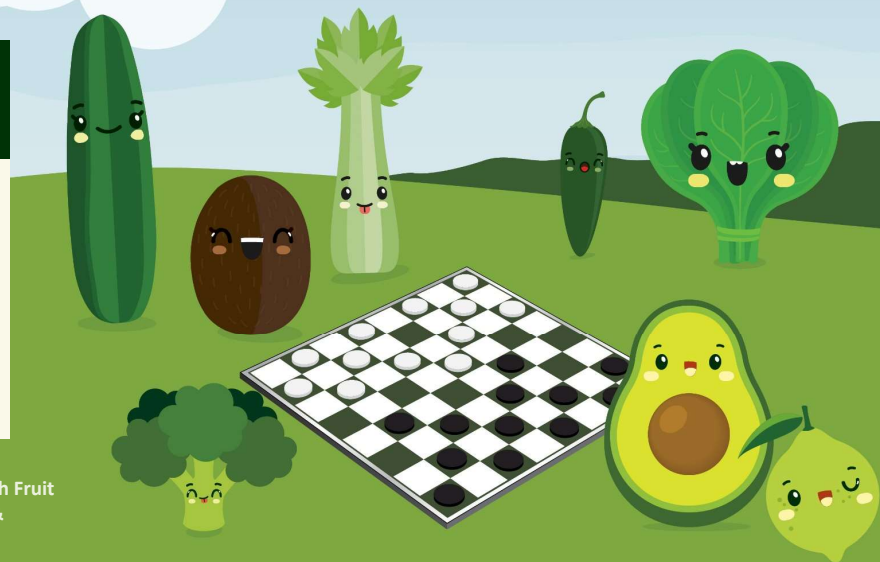
Choose breakfast entrée or Pick TWO\*  
of the following: **yogurt**, **string cheese**,  
or **kitchen manager choice grain**.

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

ACE'S CORNER

Breakfast Prices: **FREE**  
Lunch Prices: **FREE**

OFFERED DAILY:  
100% Fruit Juice & Fresh Fruit  
Milk: Skim, 1% White &  
Flavored, Soy



PBJ Uncrustable offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pancake on a Stick</b> <b>1</b> 1. Chili w/ Crackers 2. Pizza Crunchers 3. Turkey Chef Salad w/ Roll 4. <b>Uncrustable &amp; String Cheese</b> Seasoned Corn, Red Pepper Strips, Mixed Fruit, Peaches <b>Dessert: Cookie</b>	<b>Apple Frudel</b> <b>2</b> 1. Chicken & Cheese Quesadilla 2. Corn Dog 3. Turkey & Cheese Sub 4. <b>Uncrustable &amp; Goldfish</b> Green Beans, Romaine Side Salad, Orange, Applesauce	<b>Sausage Biscuit</b> <b>3</b> 1. <b>Manager's Choice</b> 2. Cheeseburger 3. Turkey Chef Salad w/ Roll 4. <b>Uncrustable &amp; String Cheese</b> Kickin' Pinto Beans, Fresh Broccoli, Banana, Pears <b>Dessert: Carnival Cookie</b>	<b>Sausage, Egg &amp; Cheese Bagel</b> <b>4</b> 1. Country Fried Steak w/ Country Gravy and Corn Poppers 2. Bosco Sticks 3. Turkey & Cheese Sub 4. <b>Uncrustable &amp; Goldfish</b> Mashed Potatoes, Celery Sticks, Peaches, Fruit Cup	<b>Cinnamon Sugar Donut</b> <b>5</b> 1. <b>Cheese Pizza</b> 2. McRib Sandwich 3. Turkey & Cheese Sub 4. <b>Uncrustable Lunch Pack</b> Steamed Carrots, Side Spinach Salad, Orange Wedge, Diced Pears
<b>E-learning Day</b> <b>8</b>	<b>Breakfast Pizza</b> <b>9</b> 1. Spaghetti w/ Meat sauce & Breadstick 2. Chicken Patty Sandwich 3. <b>Romaine Cheese Salad w/ Roll</b> 4. <b>Uncrustable &amp; Goldfish</b> Green Beans, Celery Sticks, Pears, Sliced Apples	<b>Sausage Gravy and Biscuit</b> <b>10</b> 1. Salisbury Steak w/ Gravy & Biscuit 2. Cheeseburger 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Mashed Potatoes, Side Salad, Banana <b>Fruit/Dessert: Warm Cinnamon Apples</b>	<b>Cheesy Egg Biscuit</b> <b>11</b> 1. <b>Manager's Choice</b> 2. Chicken Tenders w/ Goldfish 3. <b>Romaine Cheese Salad w/ Roll</b> 4. <b>Uncrustable &amp; Goldfish</b> Campfire Beans, Red Peppers, Applesauce, Grapes	<b>Chocolate Glazed Donut</b> <b>12</b> 1. Pepperoni Pizza 2. Fish stick Bites w/ Goldfish 3. <b>Muffin Lunch Pack</b> 4. <b>Uncrustable Lunch Pack</b> Broccoli Carrots, Cucumber, Pears, or Orange
<b>Banana Breakfast Bread</b> <b>15</b> 1. Chili Cheese Baked Potato w/ Soft Pretzel 2. Cheeseburger 3. Turkey & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> French Fries, Celery, Mixed Fruit, or Orange Wedge	<b>Pancake on a Stick</b> <b>16</b> 1. BBQ Chicken & Cheddar Flatbread 2. <b>Manager's Choice</b> 3. Turkey Chef Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Green Beans, Baby Carrots, Pears, Banana	<b>Sausage Biscuit</b> <b>17</b> 1. Popcorn Chicken Potato Bowl w/ Roll 2. <b>Bosco Sticks</b> 3. Turkey & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Steamed Broccoli, Red Peppers, Orange Wedge, Sliced Apples <b>Dessert: Chocolate Chip Cookie</b>	<b>Apple Overnight Oats</b> <b>18</b> 1. Beef Nachos 2. Cheese Quesadilla 3. Turkey Chef Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Refried Beans, Romaine Side Salad, Grapes, Peaches	<b>Sausage, Egg &amp; Cheese Bagel</b> <b>19</b> 1. Chicken Alfredo w/ Breadstick 2. Grilled Cheese & Bacon Sandwich 3. Turkey & Cheese Sub 4. <b>Uncrustable Lunch Pack</b> Corn, Cucumber, Applesauce, Fruit Cup
<b>Manager's Choice Breakfast</b> <b>22</b> 1. Honey Stung Popcorn Chicken w/ Soft Pretzel & Ultimate Cheese 2. <b>Cheese Quesadilla</b> 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Baked Beans, Celery, Mixed Fruit, or Orange <b>Dessert: Chocolate Pudding w/ Gummy            Worm &amp; Cookie Crumbles</b>	<b>French Toast Sticks w/ Syrup</b> <b>23</b> 1. Sloppy Joe 2. Corn Dog 3. Ham Pizza Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Corn, Celery, Pears, or Apple Slices	<b>Sausage Gravy and Biscuit</b> <b>24</b> 1. <b>Pancake Bites w/ Cheese Omelet</b> 2. Sausage, Egg & Cheese Biscuit 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Tater Tots, Baby Carrots, Orange Wedge or Sliced Apple	<b>Plain Bagel &amp; Cream Cheese</b> <b>25</b> 1. Popcorn Chicken w/ Mac & Cheese 2. Hot Dog 3. Ham Pizza Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Steamed Broccoli, Cucumber, Applesauce, Fruit Cup	<b>Glazed Donut</b> <b>26</b> 1. <b>Meatball Pizza Sub</b> 2. <b>Cheese Pizza</b> 3. <b>Muffin Lunch Pack</b> 4. <b>Uncrustable Lunch Pack</b> Green Beans, Red Peppers, Applesauce, Mixed Fruit
<b>Blueberry Breakfast Bread</b> <b>29</b> 1. <b>Sonic tray:</b> Chicken Tenders, Fries, Country Gravy & Toast 2. <b>Bosco Sticks</b> 3. Ham Chef Salad with Roll, 4. <b>Uncrustable w/ Goldfish</b> Corn, Baby Carrots, Mixed Fruit, Apple Slices	<b>Cheesy Egg Biscuit</b> <b>30</b> 1. Tomato Soup and Grilled Three Cheese Sandwich 2. Cheeseburger 3. Ham Chef Salad with Roll 4. <b>Uncrustable w/ String Cheese</b> Steamed Broccoli, Celery Sticks, Applesauce, Fruit Cup			

# JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, 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

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



## CELERY:

Filled with vitamins, fiber, & antioxidants  
Peak Season: Apr. – Dec.

**SPINACH:** Hearty dose of protein, calcium, & potassium  
Peak Season: Mar – Jun.



**AVOCADO:** Packed with vitamins, phytonutrients, & minerals  
Peak Season: Apr. – Mar.

## CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE

ANSWERS: Apple: stem, eye lashes, spots, cheek; Broccoli: flower head, stem, glasses, tongue

This institution is an equal opportunity provider.



## ACE'S RECIPE OF THE MONTH:

### THAI COCONUT & BROCCOLI SOUP\*

Serves 4

#### INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

#### PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

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