

# DECEMBER 2023 Elementary Menu

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

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

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

## ACE'S CORNER

### Breakfast Prices

**Paid: \$1.60**

**Reduced: \$0.30**

### Lunch Prices

**Paid: \$2.80**

**Reduced: \$0.40**

PBJ Uncrustable offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Powdered Sugar Donut 1. Pepperoni Pizza 2. McRib Sandwich 3. Pepperoni Pizza Flatbread Pack 4. <b>Uncrustable Lunch Pack</b> Corn, Baby Carrots, Applesauce, Fruit Cup
<b>4</b> Tony's Sausage, Egg & Cheese Bagel 1. <b>Kitchen Manager's Choice</b> 2. <b>Cheese Quesadilla</b> 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Black Beans, Romaine Side Salad, Mixed Fruit, or Orange Wedge	<b>5</b> Cheesy Egg Biscuit 1. Sloppy Joe 2. Corn Dog 3. Ham Pizza Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Tater Tots, sliced Cucumber, Pears or Blueberries	<b>6</b> Apple Frudel 1. Country Fried Steak w/ Country Gravy and Roll 2. Chicken Patty Sandwich 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Green Beans, Celery, Peaches or Sliced Apple	<b>7</b> Sausage, Egg & Cheese Biscuit 1. Chicken Basket: Chicken tenders, French fries, Country Gravy & Toast 2. Hot Dog 3. Ham Pizza Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Corn, Cucumber, Applesauce, Strawberries	<b>8</b> Pancake Bites 1. <b>Breaded Mozzarella Sticks w/ marinara</b> 2. Pepperoni Pizza 3. <b>Muffin Lunch Pack</b> 4. <b>Uncrustable Lunch Pack</b> Steamed Carrots, Red Peppers, Applesauce, Mixed Fruit
<b>11</b> Bacon & Egg Biscuit 1. Tomato Soup w/ Grilled Cheese 2. Corn Dog 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Steamed Broccoli Broccoli, Baby Carrots, Banana, Orange Wedge	<b>12</b> Cinni Mini 1. BBQ Pulled Pork Sandwich 2. Chicken Patty Sandwich 3. Popcorn Chicken Salad w Roll 4. <b>Uncrustable &amp; Goldfish</b> Baked Beans, Fresh Red Peppers, Blueberries, Peaches	<b>13</b> Pancake on a Stick 1. <b>Broccoli &amp; Cheese Baked Potato</b> 2. Chicken Nuggets w/ Goldfish 3. Ham & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Corn, Celery, Pears, Sliced Apples	<b>14</b> Breakfast Pizza <b>Christmas Lunch:</b> 1. Chicken Drumstick w/ Biscuit 2. <b>Uncrustable PBJ</b> Mac & Cheese Green Beans, Diced Pears <b>Dessert: Vanilla or Chocolate Ice Cream Cup</b>	<b>15</b> Cinnamon Sugar Donut 1. <b>Cheese Pizza</b> 2. Pizza Crunchers 3. <b>Uncrustable Lunch Pack</b> Roasted Carrots, Romaine Side Salad, Whole Apple, Mixed Fruit
<h1>WINTER BREAK</h1>				<b>Dec 18-Jan 2</b>
				<b>Jan 3</b> Breakfast Pizza 1. Popcorn Chicken Potato Bowl w/ roll 2. <b>Bosco Sticks</b> 3. Turkey & Cheese Sub 4. <b>Uncrustable &amp; String Cheese</b> Corn, Red Peppers, Peaches, Sliced Apples
<b>Jan 4</b> Pancake on a Stick 1. Chicken Penne Alfredo w/ Breadstick 2. Chicken Nuggets w/ Goldfish 3. Ham Chef Salad w/ Roll 4. <b>Uncrustable &amp; Goldfish</b> Steamed Broccoli, Cucumber, Applesauce, Strawberries				<b>Jan 5</b> Powdered Sugar Donut 1. <b>Cheese Pizza</b> 2. BBQ Chicken Sandwich 3. Pepperoni Pizza Flatbread Pack 4. <b>Uncrustable Lunch Pack</b> Tater Tots, Baby Carrots, Mixed Fruit Salad, Whole Apple

# BLUE-TIFUL PRODUCE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, blue foods may also offer anti-inflammatory and antiviral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blue potatoes, and blue tomatoes.

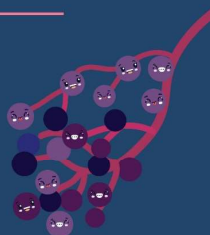
## DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



**BLACKBERRIES:** Loaded with antioxidants, fiber, & vitamin C  
**Peak Season:** Jun.-Aug.

**ELDERBERRIES:** Hearty dose of calcium, iron, & potassium  
**Peak Season:** Aug.-Sept.



**BLUE CORN:**  
Bursting with anthocyanin & protein  
**Peak Season:** Oct. – Nov.

## CHALLENGE OF THE MONTH: CREATE A VEGGIE SNOWMAN

Create a vegetable snowman using real fruits and vegetables or pictures of fruits or vegetables.

**TIP:** If using real produce, use toothpicks to help the snowman stand up. Ask an adult to help cut vegetable slices. Once complete, enjoy your healthy snack!



HINT: This snowman was made with cauliflower and one large carrot. Use your favorite herbs for carrot top for arms.

This institution is an equal opportunity provider.



## ACE'S RECIPE OF THE MONTH:

### MY, OH MY, BLUEBERRY PIE OATMEAL\*

Serves 2

#### INGREDIENTS:

- 1 cup frozen blueberries
- 1 tbsp. water
- 1 tbsp. honey
- 1/4 tsp. vanilla extract
- 1 pinch of salt
- 1/2 tsp. cornstarch
- 1 cup dried oats
- 2 cups of milk



#### PREPARATION:

1. In a small saucepan, combine the blueberries, water, honey, vanilla extract, and pinch of salt. Stir to combine, then sprinkle on the cornstarch and mix evenly.
2. Bring to a boil, then let simmer for 5 minutes, or until thickened into a compote.
3. While compote is cooking, boil the milk in a separate saucepan; once boiling, add in the oats and reduce the heat to medium. Let cook for 1 minute then remove from heat and let sit, covered, for 2-3 minutes.
4. Serve the compote on top of oatmeal and top with any additional ingredients your heart desires such as nuts, powdered sugar, or raisins and enjoy!

**\*DO NOT attempt to cook without adult supervision.**