

DECEMBER 2025



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

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

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

ACE'S CORNER

Breakfast Prices

Paid: \$2.50

Reduced: \$0.30

Lunch Prices

Paid: \$3.80


Reduced: \$0.40

Vegetarian Option offered at lunch daily

1% White & FF Chocolate Milk Available

All salads include a grain



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Double Chocolate Muffin, String Cheese, Applesauce & Grape Juice 1 <hr/> Hot Dog w/wo Pickle Tater Tots Apple Slices	Cinnamon Toast Crunch Cereal Bar, Animal Crackers, Craisins & Orange Juice 2 <hr/> Beef Nachos Cucumber Slices Orange Wedges	Cocoa Puffs, Scooby Snacks, Apple & Grape Juice 3 <hr/> Pancakes w/wo Sausage Links 3 Baby Carrots Applesauce	Fudge Pop Tart, String Cheese, Orange Wedges & Apple Juice 4 <hr/> Chicken Tenders w/wo Breadstick Mixed Veggies Warm Cinnamon Peaches	Trix Cereal Bar, Goldfish, Applesauce & Fruit Juice 5 <hr/> Pepperoni Pizza Pepper Strips Apple Slices
Chocolate Donut w/ Cocoa Puffs on Top, Craisins & Apple Juice 8 <hr/> Cheeseburger Baby Carrots Strawberry Applesauce	Chocolate Chip BK Round, Orange Wedges & Grape Juice 9 <hr/> Spaghetti w/ Meat Sauce w/wo Breadstick Corn Apple Slices	Lucky Charms, Giant Goldfish, Blue Raspberry Applesauce & Ruby Rush Juice 10 <hr/> Half Day Uncrustable Baby Carrots Applesauce Milk	Trix, Scooby Snack, Apple & Fruit Juice 11 <hr/> Waffles w/wo Sausage Patty Green Beans Applesauce	Strawberry Pop Tart, String Cheese, Orange Wedges & Apple Juice 12 <hr/> Cheese Pizza Cucumber Slices Apple
Cinnamon BK Round, Applesauce & Fruit Juice 15 <hr/> Chicken Patty on a Bun w/wo Pickles Baked Beans Craisins	Cocoa Puff Cereal Bar, String Cheese, Raisins & Grape Juice 16 <hr/> French Toast Sticks w/wo Sausage Patty Broccoli Apple	Fudge Pop Tart, String Cheese, Craisins & Apple Juice 17 <hr/> Pretzel w/ Cheese Cucumber Slices Orange Wedges	Lucky Charms, Scooby Snacks, Apple & Orange Juice 18 <hr/> Bosco Sticks w/ Marinara Corn Applesauce	Blueberry Pop Tart, String Cheese, Apple Slices & Grape Juice 19 <hr/> Half Day Uncrustable Apple Baby Carrots Milk
22 No School	23 No School	24 No School	25 	26 No School
29 No School	30 No School	31 No School	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com	

RED-Y FOR WINTER

Did you know the color red visually triggers appetite? Vibrant 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 tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: BEETS

Beets are an edible taproot that can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw. In season November through late January, beets are an excellent source of folate, vitamins A and K, fiber, and potassium.



STRAWBERRIES: Loaded with vitamin C, folate, & antioxidants
Peak Season: Apr. - Jun.

RED PEPPERS: Hearty dose of vitamin C, fiber, & protein
Peak Season: Jul. - Sep.



RADISHES: Bursting with fiber, potassium, & folate
Peak Season: Feb. - Apr.

CHALLENGE OF THE MONTH: CREATE A WINTER WONDERLAND

Paper snowflakes are the perfect way to turn your home into a winter wonderland. Since each snowflake is different, try putting unique patterns as you cut your snowflakes.



1. Begin with a square piece of paper.

2. Fold it in half to create a large triangle.



3. Fold it in half again to make a smaller triangle.



4. Cut a variety of shapes into the sides of the triangle.



5. Open the cut triangle and you will have a square paper snowflake.



ACE'S RECIPE OF THE MONTH:

BEET HUMMUS*

Serves 3



INGREDIENTS:

- 1 14.5-oz can chickpeas, drained, rinsed, and patted dry
- 1/2 cup boiled beets (preparation below)
- 1/4 cup plain whole-milk yogurt
- Juice of 1/2 lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

BOILED BEETS PREPARATION:

1. Fill a pot with water and a pinch of salt and bring it to a boil. Add beets and boil for 20 to 40 minutes, until tender.
2. Rinse boiled beets in cool water and peel.

Note: Be sure to clean any beet juice spills on counters or clothes right away to avoid stains.

HUMMUS PREPARATION:

1. Place all ingredients into a blender and puree until very smooth.
2. Enjoy on toast, crackers, or as a fresh veggie dip.
3. Store in an airtight container in the fridge for up to 5 days.

***DO NOT cook, blend, or chop without adult supervision.**