

DECEMBER 2025



You can always Pick 2 for Breakfast in the Cafe

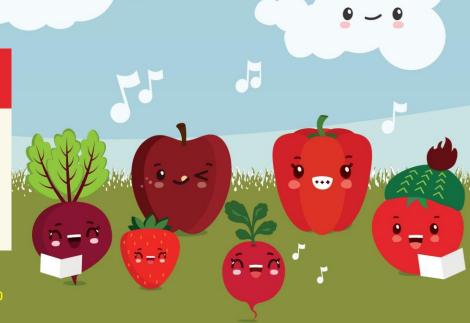
Choose breakfast entrée or Pick TWO* of the following: cereal, string cheese or crackers.

ACE'S CORNER

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

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 | | s include a grain |
|--|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Double Chocolate Muffin, String 1 Cheese, Applesauce & Grape Juice Hot Dog w/wo Pickle Tater Tots Apple Slices | Cinnamon Toast Crunch Cereal 2 Bar, Animal Crackers, Craisins & Orange Juice Beef Nachos Cucumber Slices Orange Wedges | Cocoa Puffs, Scooby Snacks, Apple & Grape Juice Pancakes w/wo Sausage Links 3 Baby Carrots Applesauce | Fudge Pop Tart, String Cheese, 4 Orange Wedges & Apple Juice Chicken Tenders w/wo Breadstick Mixed Veggies Warm Cinnamon Peaches | Trix Cereal Bar, Goldfish, Applesauce & Fruit Juice Pepperoni Pizza Pepper Strips Apple Slices |
| Chocolate Donut w/ Cocoa Puffs 8 on Top, Craisins & Apple Juice Cheeseburger Baby Carrots Strawberry Applesauce | Chocolate Chip BK Round, Orange Wedges & Grape Juice Spaghetti w/ Meat Sauce w/wo Breadstick Corn Apple Slices | Lucky Charms, Giant Goldfish, Blue Raspberry Applesauce & Ruby Rush Juice Half Day Uncrustable Baby Carrots Applesauce Milk | Trix, Scooby Snack, Apple & Fruit Juice Waffles w/wo Sausage Patty Green Beans Applesauce | Strawberry Pop Tart, String 12 Cheese, Orange Wedges & Apple Juice Cheese Pizza Cucumber Slices Apple |
| Cinnamon BK Round, Applesauce & Fruit Juice Chicken Patty on a Bun w/wo Pickles Baked Beans Craisins | Cocoa Puff Cereal Bar, String Cheese, Raisins & Grape Juice French Toast Sticks w/wo Sausage Patty Broccoli Apple | Fudge Pop Tart, String Cheese, 17 Craisins & Apple Juice Pretzel w/ Cheese Cucumber Slices Orange Wedges | Lucky Charms, Scooby Snacks,18 Apple & Orange Juice Bosco Sticks w/ Marinara Corn Applesauce | Blueberry Pop Tart, String 19 Cheese, Apple Slices & Grape Juice Half Day Uncrustable Apple Baby Carrots Milk |
| No School | No School | No School | 25 | No School |
| No School | No School | 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.





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

- 1. Begin with a square piece of paper. triangle.
- 2. Fold it in half to create a large triangle.







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.

This institution is an equal opportunity provider.