

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

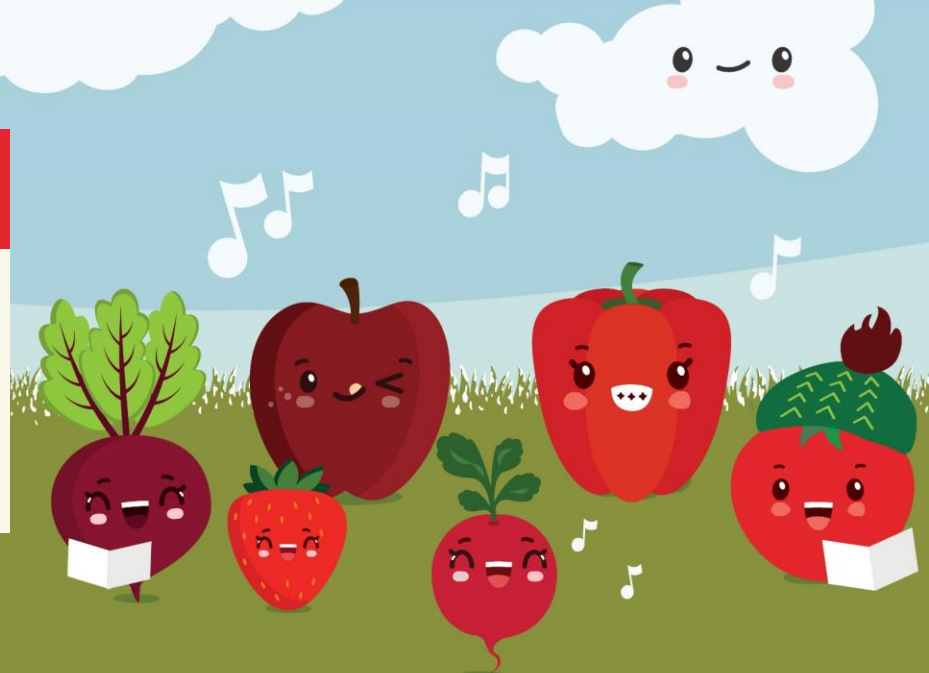
Paid: \$2.50

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 MYO Pizza Kit Tater Tots Apple Slices	French Toast Sticks, Craisins & Orange Juice 2 <hr/> Beef Nachos Apple Salad Cucumber Slices Orange Wedges	Sausage Muffin, Apple & Grape Juice 3 <hr/> Pancakes w/wo Sausage Links 3 Cheese Sub Baby Carrots Applesauce	Chocolate Filled Crescent, Orange Wedges & Apple Juice 4 <hr/> Chicken Tenders w/wo Breadstick Cheesy Romaine Salad Mixed Veggies Warm Cinnamon Peaches	Sausage Pancake Bites, Applesauce & Fruit Juice 5 <hr/> Pepperoni Pizza Egg Chef Salad Pepper Strips Apple Slices
Chocolate Donut w/ Cocoa Puffs on Top, Craisins & Apple Juice 8 <hr/> Cheeseburger Uncrustable Baby Carrots Strawberry Applesauce	Confetti Snack'N Waffle, Orange Wedges & Grape Juice 9 <hr/> Spaghetti w/ Meat Sauce w/wo Breadstick MYO Pizza Kit Corn Apple Slices	Mini Maple Pancakes, Blue Raspberry Applesauce & Ruby Rush Juice 10 <hr/> Half Day Uncrustable Applesauce Baby Carrots Milk	Caramel Cinni Minis, Apple & Fruit Juice 11 <hr/> Waffles w/wo Sausage Patty Apple Salad Green Beans Applesauce	Strawberry Pop Tart, String Cheese, Orange Wedges & Apple Juice 12 <hr/> Cheese Pizza Ace's Pretzel Pack Cucumber Slices Apple
Mini French Toast, Applesauce & Fruit Juice 15 <hr/> Chicken Patty on a Bun w/wo Pickles Cheesy Romaine Salad Baked Beans Craisins	Eggoji Waffles, Raisins & Grape Juice 16 <hr/> French Toast Sticks w/wo Sausage Patty Ace's Pretzel Pack Broccoli Apple	Fudge Pop Tart, String Cheese, Craisins & Apple Juice 17 <hr/> Pretzel w/ Cheese Uncrustable Cucumber Slices Orange Wedges	Blueberry Bash Waffles, Apple & Orange Juice 18 <hr/> Bosco Sticks w/ Marinara Sauce Ace's Cereal Kit Corn Applesauce	Mini Confetti Pancakes, Apple Slices & Grape Juice 19 <hr/> Half Day Uncrustable Apple Baby Carrots Milk
No School 22	No School 23	No School 24	 25	No School 26
No School 29	No School 30	No School 31	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.**