

SEPTEMBER 2026



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

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

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

ACE'S CORNER

All BREAKFAST MUST Include Choice of: Fruits and/or Vegetable

Offered: 1% Low-Fat Milk but NOT required to take for a complete Breakfast

ELEMENTARY BREAKFAST MENU

Breakfast Prices
Paid: \$2.35
Reduced: Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Cheesy Sausage & Egg Breakfast Burrito or Chocolate Crescent Roll Daily Served: Cocoa Puffs Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Craisins	3 Turkey Pancake Wrap or Eggo Mini Chocolate Chip French Toast Daily Served: Honey Cheerios Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Jelly Orange or Apple Slices	4 Sausage & Cheese Bagel or Banana Muffin w/ Graham Crackers Daily Served: Frosted Flakes Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Banana or Craisins
	8 Egg & Cheese English Muffin or Blueberry & Yogurt Parfait Daily Served: Lucky Charms Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Orange or Banana	9 Country Chicken Biscuit or Strawberry Nutri-Grain Bar Daily Served: Cinnamon Toast Crunch Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Craisins	10 Egg & Cheese Pancake Melt or Poptart & Cheddar Cheese Cubes Daily Served: Cocoa Puffs Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Jelly Orange or Apple Slices	11 Egg & Cheese Maple Flat Bread or Apple Frudel Daily Served: Honey Cheerios Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Banana or Craisins
14 Hard Boiled Egg w/ Bread & Jelly or Vanilla Confetti Snack'n Waffles Daily Served: Cinnamon Toast Crunch Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Fruit Salad	15 Mini Cinnamon Rolls or Scrambled Eggs, Sausage & Cheese w/ Toasts Daily Served: Frosted Flakes Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Orange or Banana	16 Powdered Sugar Donut or Turkey Sausage & Cheese Biscuit Melt Daily Served: Honey Cheerios Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Craisins	17 Egg & Cheese on Kaiser Roll or Blueberry Muffin w/ Graham Crackers Daily Served: Lucky Charms Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Jelly Orange or Apple Slices	18 Mini Maple Pancake Puffs or Cinnamon Breakfast Round Daily Served: Cocoa Puffs Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Banana or Craisins
21 Chocolate Filled Crescent Roll or Egg & Cheese Melt Daily Served: Cinnamon Toast Crunch Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Fruit Salad	22 Eggoji Waffles or Strawberry Yogurt Parfait w/ Graham Crackers Daily Served: Honey Cheerios Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Orange or Banana	23 Mini Strawberry Pancake Puffs or Cheesy Chicken Ham Biscuit Daily Served: Lucky Charms Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Craisins	24 Cinnamon Chip Scone or Sausage & Cheese English Muffin Daily Served: Frosted Flakes Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Jelly Orange or Apple Slices	25 Eggo Mini French Toast or Apple Frudel Daily Served: Cocoa Puffs Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Banana or Craisins
28 Cheesy Egg Biscuit or Mini Maple Pancake Puffs Daily Served: Honey Cheerios Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Fruit Salad	29 Chicken, Egg & Cheese Breakfast Wrap or Apple Cinnamon Muffin w/ String Cheese Daily Served: Cinnamon Toast Crunch Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Orange or Banana	30 Egg & Cheese on a Kaiser Roll or Glazed Cinnamon Roll Daily Served: Frosted Flakes Cereal w/ Graham Crackers Bagel w/ Cream Cheese or Butter Apple or Craisins		

SEPTEMBER 2026

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

Choose Lunch entrée or Pick TWO* of
the following: **Daily Option w/ Fruit or
Veggie, Bagel or Yogurt w/ Fruit or
Veggie**

Offered: 1% Low-Fat Milk but not required to
take for a complete lunch.

ACE'S CORNER

All LUNCHES MUST Include Choice of: Fruits and/or Vegetable

Main Entrée are written in Pink

Offered: 1% Low-Fat Milk but NOT required to take for a complete Breakfast

ELEMENTARY LUNCH MENU

Lunch Prices
Paid: \$3.25
Reduced: Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Popcorn Chicken Potato Bowl or 2 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Hamburger Sandwich Turkey Chef Salad Pretzel, Yogurt & Cheese Stick Pack Sweet Golden Corn, Red Pepper Strips, Orange or Craisins	Cheesy Baked Penne w/ Breadsticks or 3 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Breaded Chicken Sandwich Apple Slices, Yogurt & Cheese Stick Salad Bagel Pack Zucchini w/ Margarine, Cucumber Slices, Apple or Fruit Juice	Tony's Wedge Cheese Pizza Tony's Wedge Pepperoni Pizza or 4 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Hamburger Sandwich Toss Salad w/ Cheese Pretzel, Yogurt & Cheese Stick Pack Baby Carrots, Side Salad, Banana or Orange
	Waffles w/ Bacon or 8 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Hot Dog Apple, Yogurt & Cheese Stick Pretzel, Yogurt & Cheese Pack Tater Tots, Cucumber Slices, Banana or Apple Juice	Orange Popcorn Chicken w/ Broccoli & Rice or 9 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Breaded Chicken Sandwich Tuna Salad Platter Cheese Sticks, Bagel & Cream Cheese Pack Peas & Carrots, Celery Sticks, Apple or Craisins	Spaghetti & Meatballs or 10 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Hot Dog Egg Chef Salad Pretzel, Yogurt & Cheese Stick Pack Green Beans, Cucumber & Tomato Salad, Orange or Fruit Juice	Tony's Personal Pan Cheese Pizza Tony's Personal Pan Pepperoni Pizza or 11 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Toss Salad w/ Cheese Cheese Sticks, Bagel & Cream Cheese Pack Sliced Carrots, Red Pepper Strips, Apple or Banana
Grilled Cheese w/ Tomato Soup or 14 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sandwich Chicken Snack Wraps All-American Chef Salad Pretzel, Yogurt & Cheese Pack Broccoli, Red Pepper Strips, Orange or Apple	Breaded Chicken Sandwich w/ Signature Sauce & Pickles or 15 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Breaded Chicken Sandwich Kickin' Bean Nacho Salad Cheese Stick, Bagel & Cream Cheese Pack Waffle Cut Fries, Cucumber Slices, Banana or Apple Juice	Chicken Fried Rice or 16 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sandwich Chicken Snack Wraps Egg Chef Salad Tuna Salad Platter Pretzel, Yogurt & Cheese Pack Parmesan Garlic Green Beans, Baby Carrots, Apple Slices or Craisins	French Toast Sticks w/ Turkey Sausage or 17 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Breaded Chicken Sandwich Toss Salad w/ Cheese Cheese Sticks, Bagel & Cream Cheese Pack Tater Tots, Celery Sticks, Orange or Fruit Juice	Tony's Wedge Cheese Pizza Tony's Wedge Pepperoni Pizza or 18 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Vegetable Baja Salad Pretzel, Yogurt & Cheese Pack Sweet Golden Corn, Cucumber Slices, Apple or Banana
Sweet & Sour Popcorn Chicken w/ Rice or 21 Daily Option: Cheese Sandwich Chicken Ham Sub Breaded Chicken Sandwich Turkey Chef Salad Bagel Pack Broccoli, Red Pepper Strips, Orange or Apple	Cheesy Baked Penne w/ Fresh Garlic Knot or 22 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Grilled Cheese Chicken Ham Chef Salad Pretzel, Yogurt & Cheese Pack Crinkle Cut Fries, Cucumber Slices, Banana or Apple Juice	Chicken Nuggets or 23 Daily Option: Cheese Sandwich Ham & Cheese Sub Breaded Chicken Sandwich Popcorn Chicken Salad Bagel Pack Sweet Potato Fries, Baby Carrots, Orange or Craisins	Beef Nachos or 24 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Grilled Cheese Sandwich Chicken Taco Salad Pretzel, Yogurt & Cheese Pack Charro Black Beans, Celery Sticks, Apple Slices or Grape Juice	Tony's Cheese Pizza Tony's Pepperoni Pizza or 25 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Toss Salad & Cheese Chocolate Chip Cookie Hummus, Yogurt & Goldfish Crackers Zucchini, Side Salad, Fruit Salad or Banana
Maple Flatbread Chicken Sandwich or 28 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Breaded Chicken Sandwich Egg Chef Salad Bagel Pack Crinkle Cut Fries, Fresh Baby Carrots, Orange or Fruit Salad	French Toast Sticks w/ Turkey Sausage or 29 Daily Option: Cheese Sandwich Chicken Ham & Cheese Sub Hamburger Sandwich Popcorn Chicken Salad Pretzel, Yogurt & Cheese Stick Pack Tater Tots, Celery Sticks, Banana or Apple Juice	Macaroni & Cheese w/ Chicken Nugget or 30 Daily Option: Sun Butter & Jelly Sandwich Turkey & Cheese Sub Breaded Chicken Sandwich Fresh Apple, Yogurt & Cheese Stick Pack Bagel Pack Green Beans, Cucumber Slices, Apple or Craisins		

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month.

In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins

Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants
Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye
1 large pot
1 strainer
2 cups of chopped red cabbage
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!



*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)



PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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This institution is an equal opportunity provider.