

MAY 2026

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

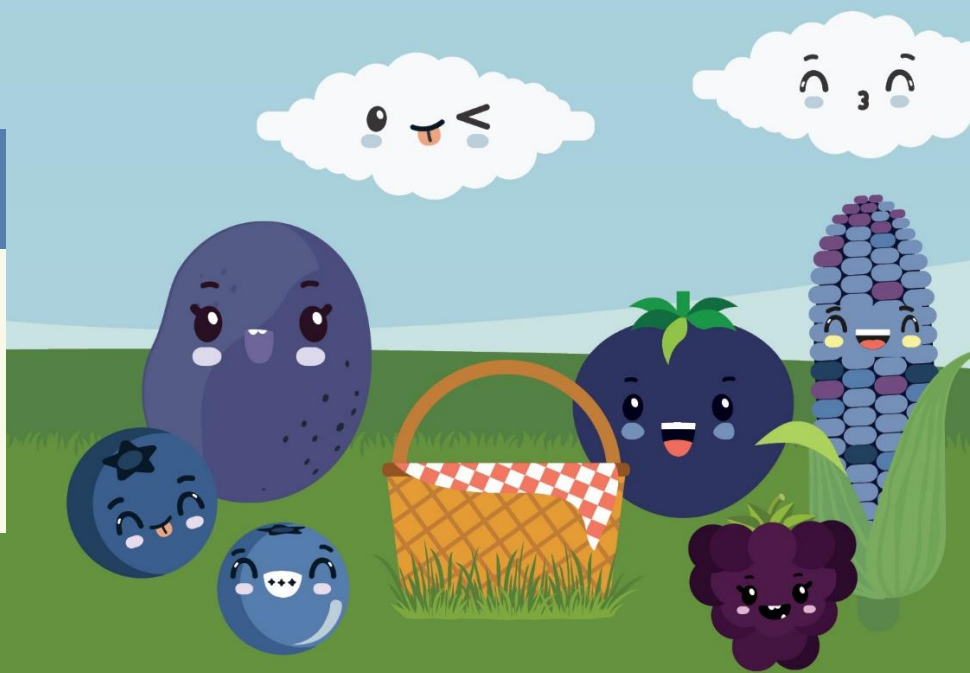
Choose breakfast entrée or Pick TWO* of the following: **cereal**, **string cheese**, or **yogurt**.

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

ACE'S CORNER

Breakfast Prices
Paid: \$1.65
Reduced: \$0.30

Lunch Prices
Paid: \$2.85
Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Sausage Pancake Wrap LUNCH Fish Sticks w/ Goldfish Crackers Chicken Nuggets w/ Goldfish Crackers Blueberry Muffin, Yogurt & Cheese Pack PBJ Uncrustable w/ Goldfish Crackers French Fries, Baby Carrots, Fresh Orange, Pears, Grape Juice	BREAKFAST Apple Frudel LUNCH Chicken Tenders w/ Garlic Knot Grilled Cheese Sandwich Pretzel, Yogurt, Cheese Pack PBJ Sandwich Roasted Carrots, Fresh Broccoli, Pears, Apple Wedges, Fruit Juice	BREAKFAST French Toast Sticks LUNCH Dorito Walking Taco Cheese Quesadilla Popcorn Chicken Salad & Roll PBJ Sandwich Refried Beans, Cucumber Slices, Applesauce, Fresh Banana, Apple Juice	BREAKFAST Sausage Biscuit LUNCH Manager's Choice Cheeseburger Pretzel, Yogurt, Cheese Pack PBJ Uncrustable w/ Goldfish Cracker Golden Corn, Celery Sticks, Craisins, Blueberries, Fruit Juice	BREAKFAST Cinnamon Chip Scone LUNCH Max Pizza Sticks w Sauce Pepperoni Pizza Italian Salad w Roll PBJ Sandwich Roasted Carrots, Cucumber Slices, Peaches, Strawberries, Apple Juice
BREAKFAST Mini Cinni LUNCH Chicken Patty Sandwich Hot Dog Cheesy Romaine Salad w Roll PBJ Uncrustable w Goldfish Crackers Baked Beans, Baby Carrots, Pears, Fresh Orange, Grape Juice	BREAKFAST Sausage Breakfast Pizza LUNCH Manager's Choice Chicken Tenders w Breadstick Turkey & Cheese Sub PBJ Sandwich Golden Corn, Celery Sticks, Mixed Fruit, Apple Wedges, Fruit Juice	BREAKFAST Banana Bread LUNCH Oriental Orange Popcorn Chicken & Rice Cheeseburger Cheesy Romaine Salad w Roll PBJ Sandwich Green Beans, Cucumber Slices, Applesauce, Fresh Banana, Apple Juice	BREAKFAST Cheesy Egg Biscuit LUNCH French Toast Sticks w Sausage Patties Cheese Quesadilla Turkey & Cheese Sub PBJ Uncrustable w Goldfish Crackers Tater Tots, Red Pepper Strips, Craisins, Blueberries, Fruit Juice	BREAKFAST Cinn Chip Scone BBQ Day LUNCH Cheese Pizza BBQ Pork Sandwich Cheesy Romaine Salad w Roll PBJ Sandwich Seasoned Steamed Carrots, Fresh Broccoli, Peaches, Strawberries, Apple Juice
BREAKFAST Manager's Choice LUNCH Manager's Choice Hamburger Popcorn Chicken Salad w Roll PBJ Uncrustable w Goldfish Crackers French Fries, Baby Carrots, Fresh Orange, Pears, Grape Juice	BREAKFAST Manager's Choice LUNCH Super Nachos Chicken Tenders w Breadstick Pepperoni Pizza Pack PBJ Sandwich Refried Beans, Fresh Broccoli, Mixed Fruit, Apple Wedges, Fruit Juice	BREAKFAST Manager's Choice Field Day LUNCH Hot Dog PBJ Uncrustable & Crackers Baby Carrots, Applesauce, Fresh Banana, Apple Juice <td> BREAKFAST Manager's Choice LUNCH BBQ Chicken Flatbread Chicken Nuggets w Breadstick Pepperoni Pizza Pack PBJ Sandwich Green Beans, Cucumber Slices, Raisins, Blueberries, Fruit Juice </td> <td> BREAKFAST Manager's Choice LUNCH Manager's Choice Pepperoni Pizza Popcorn Chicken Salad w Roll PBJ Sandwich Steamed Broccoli, Celery Sticks, Peaches, Strawberries, Apple Juice </td>	BREAKFAST Manager's Choice LUNCH BBQ Chicken Flatbread Chicken Nuggets w Breadstick Pepperoni Pizza Pack PBJ Sandwich Green Beans, Cucumber Slices, Raisins, Blueberries, Fruit Juice	BREAKFAST Manager's Choice LUNCH Manager's Choice Pepperoni Pizza Popcorn Chicken Salad w Roll PBJ Sandwich Steamed Broccoli, Celery Sticks, Peaches, Strawberries, Apple Juice
BREAKFAST Manager's Choice LUNCH Manager's Choice Corn Dog PBJ Uncrustable & Crackers Fruits & Vegetables	BREAKFAST Manager's Choice LUNCH Manager's Choice PBJ Uncrustable & Crackers Fruits & Vegetables	BREAKFAST Manager's Choice LUNCH Manager's Choice PBJ Uncrustable & Crackers Fruits & Vegetables	BREAKFAST Manager's Choice LUNCH Manager's Choice PBJ Uncrustable & Crackers Fruits & Vegetables	

BECAUSE OF BLUE

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, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

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



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



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

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME

WATERMELON + CUCUMBER + MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



*DO NOT attempt to cut or chop without adult supervision.