

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 <p>LUNCH Fish Sticks w/ Goldfish Crackers Chicken Nuggets w/ Goldfish Crackers Blueberry Muffin, Yogurt & Cheese Pack PBJ Uncrustable w/ Goldfish Crackers</p> <p>French Fries, Baby Carrots, Fresh Orange, Pears, Grape Juice</p>	BREAKFAST Manager's Choice <p>LUNCH Hot Dog PBJ Uncrustable & Crackers</p> <p>Fruits & Vegetables</p>	<p>Field Day</p> BREAKFAST Manager's Choice <p>LUNCH Manager's Choice PBJ Uncrustable & Crackers</p> <p>Fruits & Vegetables</p>	<p>GOODBYE SCHOOL HELLO SUMMER</p> <p>This institution is an equal opportunity provider.</p>	

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.