

MAY 2024

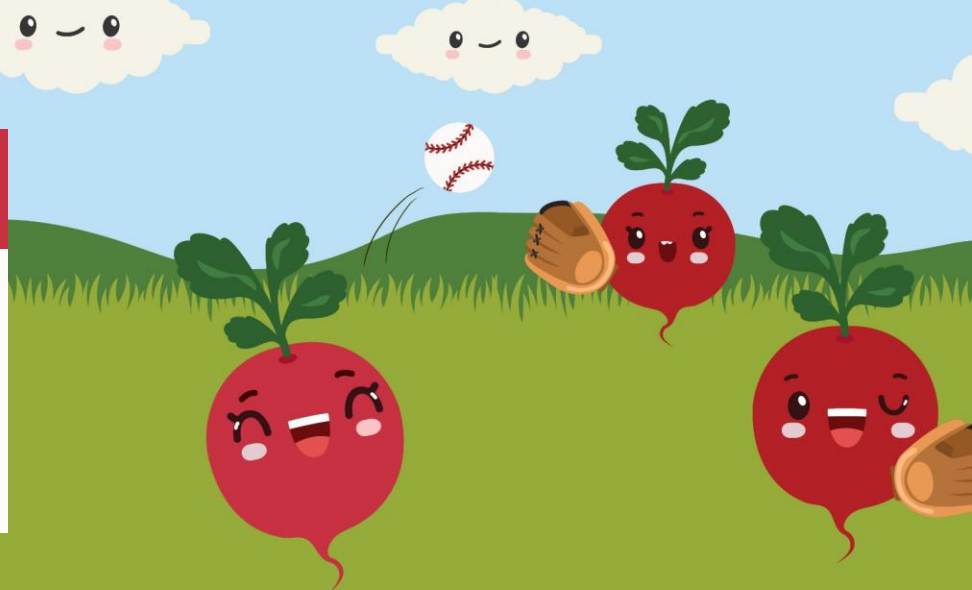


You can always **Pick 2**  
for Breakfast in the Cafe

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



Cold options offered at breakfast and lunch daily

Daily choice of milk and cereal

Assorted fruit served dasily

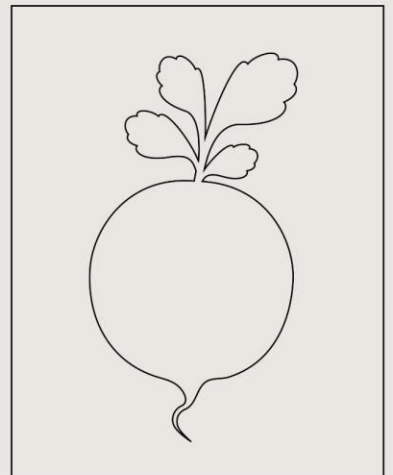
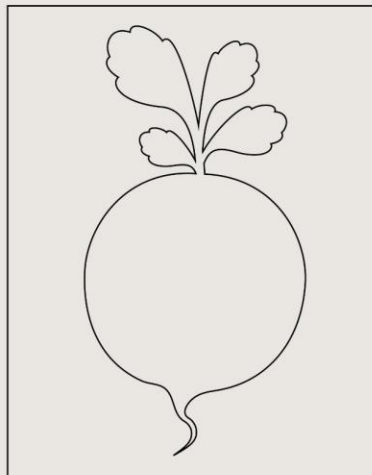
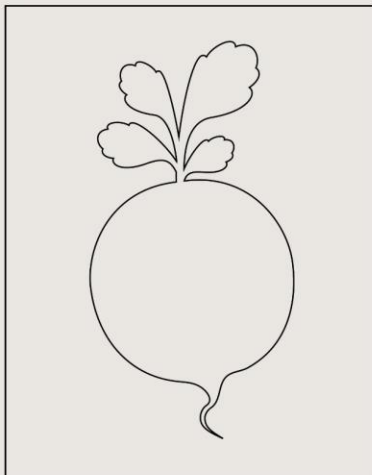
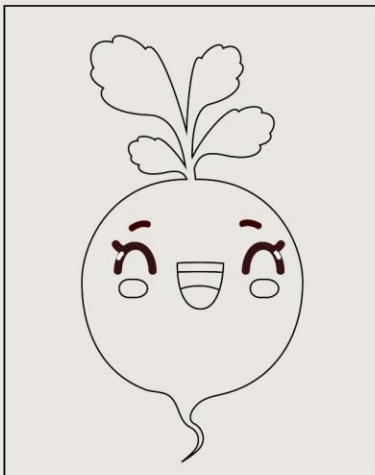
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.nbpschools.net">www.nbpschools.net</a></p>		<p>Sugar Powdered Donut 01 Cheesy Ham Tater Tot Strata Peach Yogurt Parfait</p> <p>Chicken Nuggets Elbow Pasta &amp; Meatballs Baked Beans Celery Sticks</p>	<p>Sausage Breakfast Pizza 02 CoCo Puff Soft Filled Bar Blueberry Yogurt Parfait</p> <p>Waffles &amp; Turkey Sausage Mini Chicken Corn Dog Fresh Pear Tater Tots</p>	<p>Cinnamon Chip Scone 03 Egg Patty on a Bagel Strawberry Yogurt Parfait</p> <p>Cheese Pizza Pepperoni Pizza Fresh Sliced Cucumbers Baby Carrots</p>
<p>Sausage Pancake Wrap 06 Banana CC Muffin Square Blueberry Yogurt Parfait</p> <p>Fish Sticks Chicken Nuggets Yellow rice Crinkle Cut Fries</p>	<p>Egg &amp; Cheese English Muffin 07 Chocolate Eggo Waffles Strawberry Parfait</p> <p>Grilled Cheese Sandwich Chicken Parm Flatbread Fresh Broccoli Baby Carrots</p>	<p>Country Chicken Biscuit 08 Strawberry Apple Smoothie Peach Yogurt Parfait</p> <p>Nacho Cheese Walking Taco Cheese Quesadilla Roasted Squash &amp; Zucchini Kockin' Pinto Beans</p>	<p>Cinn Toast Crunch Donut 09 Sausage &amp; Cheese English Muffin Blueberry Yogurt Parfait</p> <p>Bacon Cheeseburger Veggie Burger Mixed Vegetables Celery Sticks</p>	<p>Ham &amp; Cheese Flatbread 10 Apple Cinnamon Oat Bar Strawberry Yogurt Parfait</p> <p>Cheese Pizza Pepperoni Pizza Side Salad Fresh Carrot Sticks</p>
<p>Cinnamon Biscuit 13 Ham &amp; Cheese Flatbread Blueberry Yogurt Parfait</p> <p>Chicken Patty Sliders Hot Dog on a Bun Mashed Potatoes Fresh Steamed Broccoli</p>	<p>Sausage Breakfast Pizza 14 Apple Cinnamon Square Strawberry Yogurt Parfait</p> <p>Penne Pasta and Meatballs Chicken Tenders Whole Grain Breadstick Fresh Green Beans</p>	<p>Egg &amp; Cheese English Muffin 15 Glazed Cinnamon Roll Peach Yogurt Parfait</p> <p>Aloha Chicken Bowl Brown Rice Grilled Cheese Sandwich Fresh Mixed Vegetables</p>	<p>Chicken &amp; Cheese Biscuit 16 Blueberry Muffin Top Blueberry Yogurt Parfait</p> <p>French Toast Sticks &amp; Sausage Veggie Burger Celery Sticks Fresh Pear</p>	<p>Cheese Bosco Breadsticks 17 Mixed Berry Scone Strawberry Yogurt Parfait</p> <p>Cheese Pizza Pepperoni Pizza Side Salad Fresh Carrot Sticks</p>
<p>Bacon Breakfast Pizza 20 Chocolate Chip Breakfast Bar Blueberry Yogurt Parfait</p> <p>Mini Chicken Corn Dog Macaroni &amp; Cheese Crinkle Cut French Fries Fresh Celery Sticks</p>	<p>Chicken Snack Wraps 21 Strawberry Yogurt Parfait Pumpkin Spice Donut Holes</p> <p>Beef Nachos Chicken Tenders Fresh Broccoli Mexican Style Street Corn</p>	<p>Apple Orange Smoothie 22 Ham, Egg, Cheese &amp; TaterTot Taco Peach Yogurt Parfait</p> <p>Popcorn Chicken Potato Bowl Cheese Pizzadilla Fresh Steamed Broccoli Diced Peaches</p>	<p>Maple Pancake on a Stick 23 Eggo Waffles Blueberry Yogurt Parfait</p> <p>BBQ Chicken &amp; Cheddar Flatbread Chicken Nuggets Tater Tots Fresh Sliced Cucumbers</p>	<p>Mini Pancake Bites 24 Strawberry Yogurt Parfait</p> <p>Cheese Pizza Pepperoni Pizza Side Salad Fresh Carrot Sticks</p>
<p> <b>NO SCHOOL</b></p>	<p>Cheesy Breakfast Sandwich 28 French Toast Sticks Strawberry Yogurt Parfait</p> <p>Mozzarella Cheese Sticks Corn Dog on a Stick Tater Tots Fresh Pickled Cucumbers</p>	<p>Sausage Breakfast Sandwich 29 Cinnamon Toast Peach Yogurt Parfait</p> <p>Mini Pancake Bites Scrambled Eggs with Cheese Celery Sticks Fresh Baby Carrots</p>	<p>Chocolate Filled Croissant 30 3 Cheese Breakfast Flatbread Blueberry Yogurt Parfait</p> <p>Chicken Tender Thai Rice Bowl Hot Dog on a Bun Steamed Corn Cold Edamame Beans</p>	<p>Mini Chicken Sausage Bites 31 Cinnamon Breakfast Bar Strawberry Yogurt Parfait</p> <p>Cheese Pizza Pepperoni Pizza Side Salad Fresh Carrot Sticks</p>

# SIMPLY RADISHING

The radish (*Raphanus raphanistrum*) is an edible root vegetable of the mustard family that was first domesticated in Europe in pre-Roman times. Radishes resemble beets or turnips in appearance and texture, but have a distinct flavor. These tasty roots are loaded with vitamins C and B6, fiber, potassium, magnesium, and more, making them the perfect crunchy topping for your salad. There are five main varieties of radishes: red globes, black radishes, daikons, white icicles, and California mammoth whites. The red globe radish is the most popular type in the U.S. with its red skin and a white interior, though daikon is growing in popularity as a key part of several delicious ethnic dishes. Radishes are grown and consumed throughout the world; the biggest radish crops grown in the United States come from California and Florida.

## ACTIVITY: RAD ARTISTRY

In many cultures, radishes have inspired artistic expression. We've provided the root to crafting your own artwork. Need some inspiration? Doodle or color your rad summer plans, dream job, or favorite super hero.



## ACE'S JOKE OF THE MONTH

Q. WHAT VEGETABLE SHOULD  
YOU ROOT FOR IN A RACE?

SEE ANSWER BELOW



## DID YOU KNOW?

### QUITE A T-RADISH-ION

In Mexico, the annual Noche de Rabanos (Night of the Radishes) festival takes place 24 hours prior to Christmas Eve. Each year, Mexican sculptors create nativity scenes for the festival using very large radishes.

### GREEK GOODNESS

In historic times, radishes were so highly regarded in Greece that gold replicas were made.

