

MAY 2023

DAILY BREAKFAST: Choose breakfast entrée or cereal with grahams, crackers, or cheese stick.

*STOKES BREAKFAST IN THE CLASSROOM MENU MAY VARY

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

ACE'S CORNER

Breakfast Prices

Paid: \$1.35

Reduced: \$0.30

Lunch Prices

Paid: \$2.95

Reduced: \$0.40

Cheese Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Banana Muffin w/ Cheese Stick 1 Salisbury Steak with Roll, Chicken Tender with Roll, Cheesy Tossed Salad with Cornbread Poppers, PBJ Uncrustable Mashed Potatoes & Gravy, Cherry Tomatoes, Diced Pears Mini Maple Waffles 8 Breaded Chicken Drumstick with Biscuit Stick, Cheeseburger, Egg Chef Salad with Goldfish Crackers, OR PBJ Uncrustable Baked Beans, Fresh Broccoli, Diced Pears Chocolate Muffin w/ Cheese Stick 15 Fish Sticks with Mac & Cheese, Cheeseburger, Turkey Chef Salad with Roll PBJ Uncrustable Waffle Fries, Cherry Tomatoes, Diced Pears Fudge Pop Tart & String Cheese 22 Chicken Penne Alfredo with Breadstick, Mini Corn Dogs, Chicken Baja Salad with Roll, PBJ Uncrustable Green Beans, Baby Carrots, Mixed Fruit or Orange Wedges	Pancake Wrap 2 Oriental Orange Popcorn Chicken with Rice, or Cheeseburger, Cinnamon Toast Crunch Cereal with Yogurt & Cheese Stick, PBJ Uncrustable Mixed Veggies. Red Peppers, Rosy Applesauce Egg & Cheese English Muffin 9 Spaghetti & Meatballs with Breadstick, or Hot Ham & Cheese Melt, or Blueberry Muffin, Yogurt, Cheese stick & Goldfish Cracker Pack, or PBJ Uncrustable Roasted Mixed Veggies, Red Peppers, Applesauce Apple Frudel 16 Chicken Country Bowl with Biscuit, Corn Dog, Turkey & Cheese Sub, PBJ Uncrustable Seasoned Corn, Baby Carrots, Applesauce Pancake Wrap 23 Chili Cheese Crispito with Rice, Chicken Tenders with Roll, Flatbread Pepperoni Pizza Pack, PBJ Uncrustable, Mexicali Corn, Cherry Tomatoes, Fruit Mix	Breakfast Pizza 3 Grilled Cheese Sandwich with Tomato Soup, Hot Dog, Cheesy Tossed Salad with Cornbread Poppers, PBJ with String Cheese, Seasoned Corn, Fresh Broccoli, Mixed Fruit, Chocolate Chip Cookie Breakfast Pizza 10 French Toast Sticks with Sausage, Turkey & Cheese Flatbread, Egg Chef Salad with Goldfish Crackers, PBJ Uncrustable Tater Tots, Cucumber, Fresh Banana Pancake Wrap 17 Jumbo Ravioli with Breadstick, Chicken Patty Sandwich, Turkey Chef Salad with Roll PBJ Uncrustable, Green Beans, Fresh Spinach, Diced Peaches	Chocolate Croissant 4 Beef Tacos, Crispy Chicken Sandwich, Cheesy Tossed Salad with Cornbread Poppers, PBJ Uncrustable, Baked Beans, Cucumber Slices, Fresh Banana Scooby Snack with Yogurt 11 Extreme Nachos, Hot Dog, Egg Chef Salad with Goldfish Crackers, PBJ Uncrustable Green Beans, Cherry Tomatoes, Peaches Bagel & Cheese Pack 18 Chicken Quesadilla, Ham & Cheese Flatbread, Turkey Chef Salad with Roll, PBJ Uncrustable Campfire Beans, Romaine Lettuce, Fresh Orange Slices	Powdered Sugar Donut 5 Pepperoni or Cheese Pizza, Fish Patty Melt, Cheesy Tossed Salad with Cornbread Poppers, PBJ Uncrustable Steamed Broccoli, Baby Carrots, Blue Raspberry Applesauce Cinnamon Sugar Donut 12 Pepperoni or Cheese Pizza, Meatball Pizza Sub, Egg Chef Salad with Goldfish Crackers PBJ Uncrustable Seasoned Corn, Baby Carrots, Mixed Fruit Powdered Sugar Donut Holes 19 Pepperoni or Cheese Pizza, Mozzarella Cheese Sticks, Turkey Chef Salad with Roll, PBJ Uncrustable Steamed Green Peas, Red Peppers, Blue Raspberry Applesauce
		24	25	26

Have a WONDERFUL Summer break!

USDA meal programs for children operate all summer! To find the nearest summer meal site, call 211 or text 'Summer Meals' (English) or 'Verano' (Spanish) to 914-342-7744. Households in need of assistance any time of the year can call the USDA National Hunger Hotline at 866-3-HUNGRY to speak with a representative who will find resources, such as summer meal sites, food banks, and other nearby social services.

YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Brimming with vitamin C, calcium, & iron
Peak Season: Apr.-May

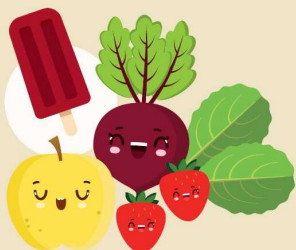
LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



STARFRUIT: Full of protein, vitamins, & minerals
Peak Season: Aug.-Sep.

CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,
CARROT JUICE



ACE'S RECIPE OF THE MONTH:

PINEAPPLE COBBLER*

Serves 8



INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

***DO NOT attempt cook or chop without adult supervision.**