

# Dyer Elementary – May/June 2024



4k and 5k will receive breakfast in the cafeteria prior to going to their classrooms. Breakfast is available starting at 7:45am daily

All other grade levels receive breakfast in their classroom to start their day each morning

## ACE'S CORNER

Menu items may change without an update to this document  
For a complete list of our daily offerings as well as the most up to date menu information see our online menu guide below

**Breakfast**  
**FREE**

**Lunch**  
**\$2.45**

**Milk**  
**30¢**

All breakfast includes the daily entrée and a juice (equal to one serving of fruit). Milk and an additional fruit serving is available and optional

**REMINDER: BREAKFAST IS FREE FOR ALL STUDENTS**

**PB&J Uncrustable Fun Kit is offered as a daily lunch entrée**  
**Fruits, Veggies and Milk offered at lunch daily**

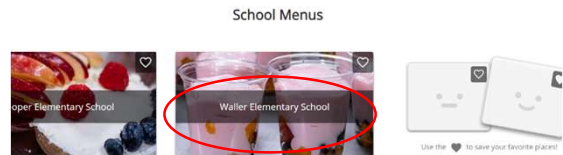
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Oatmeal Chocolate Chip Benefit Bar 6</b> <hr/> Waffles with Sausage Chicken Tenders Blueberry Muffin/Cheese/Yogurt Pack	<b>Mini Cinnamon Roll 7</b> <hr/> Beef Nachos Chicken Nuggets Ham Chef Salad w/roll Pretzel Pack	<b>Pop Tart w/ String Cheese 8</b> <hr/> Pizza sticks with sauce Grilled Cheese Beef Nacho Salad Ham and cheese Sub	<b>Blueberry Mini Waffles 9</b> <hr/> Bacon Cheese Burger Hot Dog Turkey Chef Salad w/roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	<b>Oatmeal Chocolate Chip Breakfast Rounds 10</b> <hr/> Cheese Pizza Pepperoni Pizza Popcorn Chicken Salad w/roll Turkey and Cheese Sub
<b>Cinnamon Toast Crunch Breakfast Bar 13</b> <hr/> French Toast Sticks with Sausage Chicken Patty Sandwich Egg Chef Salad w/roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	<b>Double Chocolate Chip Muffin 14</b> <hr/> Beef Nachos Cheeseburger Tossed Salad with Cheese w/roll Three Cheese Sub	<b>Banana Chocolate Chunk Benefit Bar 15</b> <hr/> Italian Meatball Sub Cheese Pizzadilla Beef Nacho Salad Turkey and Cheese Sandwich	<b>Mini Maple Waffles 16</b> <hr/> Hot Dog Chicken Tenders Popcorn Chicken Salad w/roll Ham and Cheese Sandwich	<b>Mini Strawberry Creamy Cheese Bagels 17</b> <hr/> Cheese Pizza Pepperoni Pizza Italian Salad w/roll Pretzel, Yogurt and Cheese Pack
<b>Oatmeal Chocolate Chip Breakfast Rounds 20</b> <hr/> French Toast Sticks with Sausage Chicken Patty Sandwich Tossed Salad with Cheese w/roll Ham and Cheese Sandwich	<b>Maple Madness Waffle 21</b> <hr/> Beef Nachos Chicken Tenders Popcorn Chicken Salad w/roll Make-Your-Own Pepperoni & Mozzarella Flatbread Pizza	<b>Mini Cinnamon Rolls 22</b> <hr/> Cheeseburger Corndog Beef Nacho Salad Pretzel, Yogurt and Cheese Pack	<b>Lemon Breakfast Bread 23</b> <hr/> BBQ Chicken and Cheddar Flatbread Chicken Nuggets Fresh Apple, Yogurt & Cheese Stick Plate Cheese Sandwich	<b>Blueberry Muffin W/String Cheese 24</b> <hr/> Cheese Pizza Pepperoni Pizza Chicken Chef Salad w/dinner roll Ham and Cheese Sub
<b>No School 27</b>	<b>Apple Cinnamon Breakfast Round 28</b> <hr/> Beef Nachos Chicken Patty Sandwich Fresh Apple, Yogurt & Cheese Stick Plate Ham and Cheese Sandwich	<b>Coco Puff Cereal Bar 29</b> <hr/> Grilled Cheese Hot Dog Beef Nacho Salad Turkey and Cheese Sandwich	<b>Cinnamon Toast Crunch Soft Filled Bar 30</b> <hr/> Chicken Tenders Cheese Quesadilla Tossed Salad with Cheese w/dinner roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	<b>Mini Cinnamon Rolls 31</b> <hr/> Cheese Pizza Pepperoni Pizza Egg Chef Salad w/dinner roll Three Cheese Sub
<b>Oatmeal Chocolate Chip Benefit Bar 3</b> <hr/> French Toast with Chicken Sausage Chicken Tenders Ham Chef Salad w/roll Make-Your-Own Flatbread Mozzarella Pizza	<b>Pumpkin Breakfast Bread 4</b> <hr/> Beef Nachos Cheeseburger Popcorn chicken salad w/roll Cheese Sandwich	<b>Chocolate Chip Breakfast Round 5</b> <hr/> Chicken Patty Fish Sticks w/chz-its Beef Nacho Salad Pretzel, Yogurt & Cheese Pack	<b>Coco Puff Cereal Bar 6</b> <hr/> Broccoli & Cheese Baked Potato Chicken Nuggets Tossed Salad with Cheese w/dinner roll Ham and Cheese Sandwich	<b>Mini Maple Waffles 7</b> <hr/> Cheese Pizza Pepperoni Pizza Italian Salad w/dinner roll Chocolate Muffin, Mozzarella Sticks & Animal Crackers Pack

# BASD Online Menu Guide

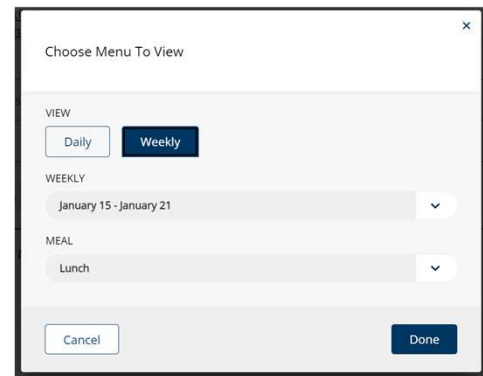
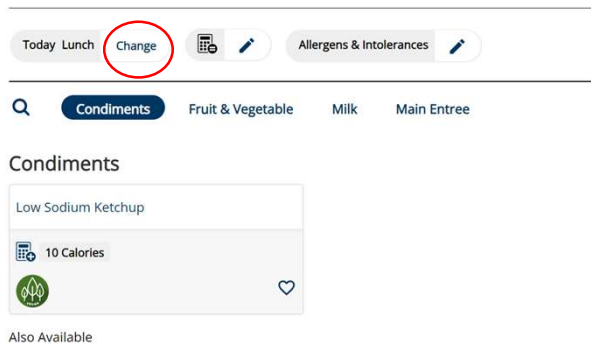
**Step 1:** Click on the fork and knife at the top right corner of the BASD website



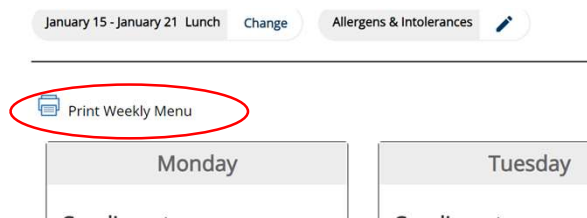
**Step 2:** Scroll down and click on the school specific menu



**Step 3:** Scroll down and find the current day's menu information. Use this Change button to adjust the meal period, date or see a weekly view



**Step 4:** Click on Print Weekly Menu to print a menu for whichever week was selected. This print option is only available in weekly view



## Helpful Tips

Clicking on a menu item will bring up the nutritional information for that item

A meal calculator is available so nutritional information can be totaled based on meal and side selections

An allergy and intolerance tool is also available here



# SQUASH HUNGER WITH THIS POWERHOUSE VEGGIE!

Zucchini, known as a courgette in Europe, is a summer squash belonging to the cucurbita pepo species. Zucchini grows best in the summer though they are available all year long. Zucchini are a healthy addition to any meal since they are fat and cholesterol free, low in sodium, and rich in vitamins and minerals. The World's Largest Zucchini was grown in Devon, UK and measured 69.5 inches long at a weight of 65 pounds. Ranging in color from a dark green to a golden yellow, zucchini's relatives include pumpkins and gourds—making it the perfect introduction to fall.



## ACE'S JOKE OF THE MONTH

Q. WHY IS IT A BAD IDEA TO TELL SECRETS IN A CORNFIELD?

SEE ANSWER BELOW



## DID YOU KNOW?

### ZUCCHINI CAN GROW TO THE SIZE OF A BASEBALL BAT!

But when it comes to taste, bigger is not better! Typically zucchini are harvested at about 6-8 inches.

### ZUCCHINI FLOWERS ARE EDIBLE!

Each zucchini plant has a flower sprout on top which is totally safe to eat—if you dare!

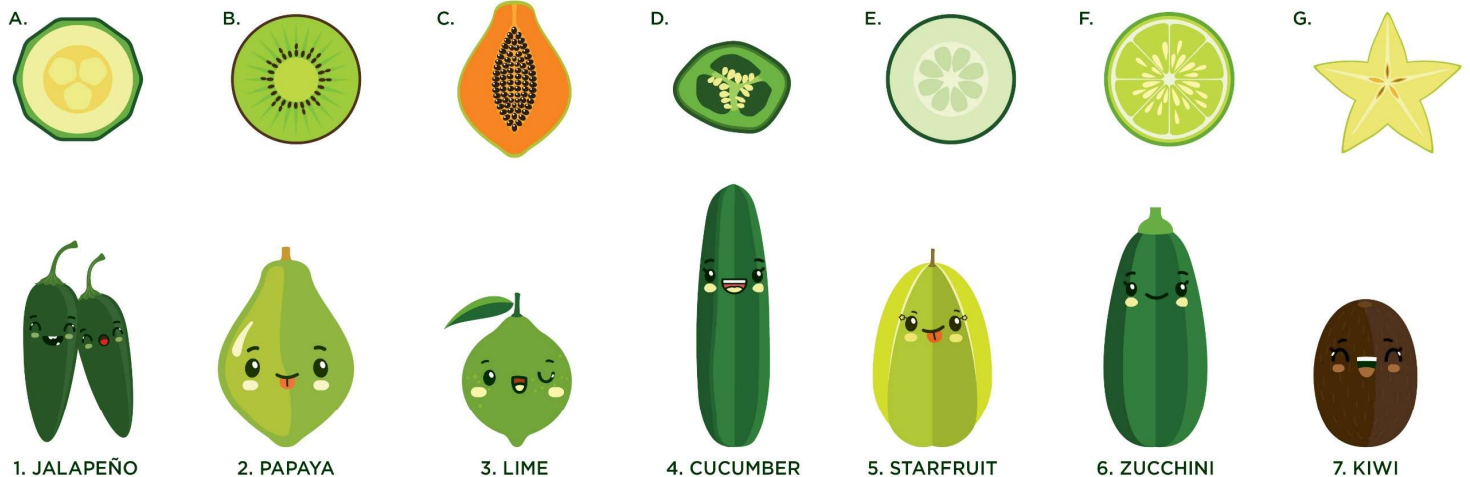


## ACTIVITY: SLICE AS NICE.

Be sure to eat your greens! These fruits and veggies are all delicious additions to your diet.

MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.

SEE ANSWER BELOW



## BONUS

IN A PICKLE... Which of these is typically used to make pickles?

SEE ANSWER BELOW

