

Lyons Elementary – May/June 2024



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

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

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

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¢

Multiple fruits and entrees are offered at breakfast
Listed below are the days' main breakfast entrées
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

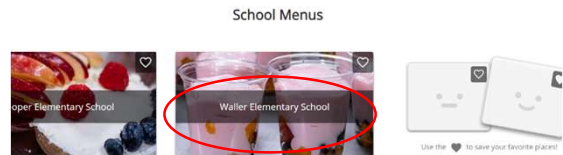
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lemon Breakfast Bread 6	Mini Cinnamon Roll 7	Breakfast Chicken Patty on a Biscuit 8	Blueberry Mini Waffles 9	Apple Cinnamon Breakfast Round 10
Waffles with Sausage Chicken Tenders Blueberry Muffin/Cheese/Yogurt Pack	Beef Nachos Chicken Nuggets Ham Chef Salad w/roll Pretzel Pack	Pizza sticks with sauce Grilled Cheese Beef Nacho Salad Ham and cheese Sub	Bacon Cheese Burger Hot Dog Turkey Chef Salad w/roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	Cheese Pizza Pepperoni Pizza Popcorn Chicken Salad w/roll Turkey and Cheese Sub
Bagel w/ Jelly 13	Chocolate Muffin with Crackers 14	Egg and Cheese English Muffin 15	Banana Chocolate Chunk Benefit Bar 16	Mixed Berry Scone 17
French Toast Sticks with Sausage Chicken Patty Sandwich Egg Chef Salad w/roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	Beef Nachos Cheeseburger Tossed Salad with Cheese w/roll Three Cheese Sub	Italian Meatball Sub Cheese Pizzadilla Beef Nacho Salad Turkey and Cheese Sandwich	Hot Dog Chicken Tenders Popcorn Chicken Salad w/roll Ham and Cheese Sandwich	Cheese Pizza Pepperoni Pizza Italian Salad w/roll Pretzel, Yogurt and Cheese Pack
Breakfast Pumpkin Bread 20	Maple Madness Waffle 21	Mini Cinnamon Rolls 22	Turkey Pancake Wrap 23	Chocolate Chip Breakfast Round 24
French Toast Sticks with Sausage Chicken Patty Sandwich Tossed Salad with Cheese w/roll Ham and Cheese Sandwich	Beef Nachos Chicken Tenders Popcorn Chicken Salad w/roll Make-Your-Own Pepperoni & Mozzarella Flatbread Pizza	Cheeseburger Corndog Beef Nacho Salad Pretzel, Yogurt and Cheese Pack	BBQ Chicken and Cheddar Flatbread Chicken Nuggets Fresh Apple, Yogurt & Cheese Stick Plate Cheese Sandwich	Cheese Pizza Pepperoni Pizza Chicken Chef Salad w/dinner roll Ham and Cheese Sub
Bagel with Jelly 27	Cinnamon Toast Crunch Cereal 28	Sausage Breakfast Sandwich 29	Double Chocolate Chip Muffin 30	Mini Cinnamon Rolls 31
Waffle with Chicken Sausage Chicken Nuggets Popcorn Chicken Salad w/roll Blueberry Muffin, String Cheese & Yogurt Pack	Beef Nachos Chicken Patty Sandwich Fresh Apple, Yogurt & Cheese Stick Plate Ham and Cheese Sandwich	Grilled Cheese Hot Dog Beef Nacho Salad Turkey and Cheese Sandwich *Birthday Cookie with each lunch	Chicken Tenders Cheese Quesadilla Tossed Salad with Cheese w/dinner roll Make-Your-Own Pepperoni & Mozzarella Pizza Bagel	Cheese Pizza Pepperoni Pizza Egg Chef Salad w/dinner roll Three Cheese Sub
Oatmeal Chocolate Chip Benefit Bar 3	Pumpkin Breakfast Bread 4	Cinnamon Sugar Donut 5	Turkey Pancake Wrap 6	Mixed Berry Scone 7
French Toast with Chicken Sausage Chicken Tenders Ham Chef Salad w/roll Make-Your-Own Flatbread Mozzarella Pizza	Beef Nachos Cheeseburger Popcorn chicken salad w/roll Cheese Sandwich	Chicken Patty Fish Sticks w/chz-its Beef Nacho Salad Pretzel, Yogurt & Cheese Pack	Broccoli & Cheese Baked Potato Chicken Nuggets Tossed Salad with Cheese w/dinner roll Ham and Cheese Sandwich	Cheese Pizza Pepperoni Pizza Italian Salad w/dinner roll Chocolate Muffin, Mozzarella Sticks & Animal Crackers Pack

BASD Online Menu Guide

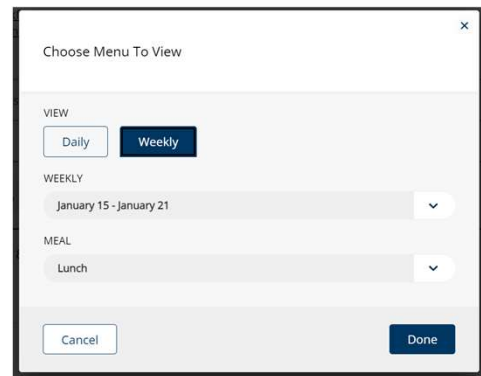
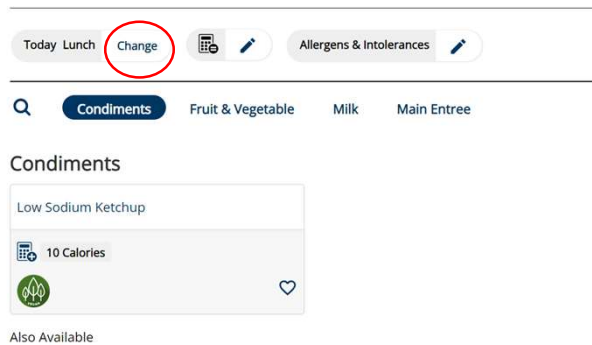
Step 1: Click on the fork and knife at the top right corner of the BASD website



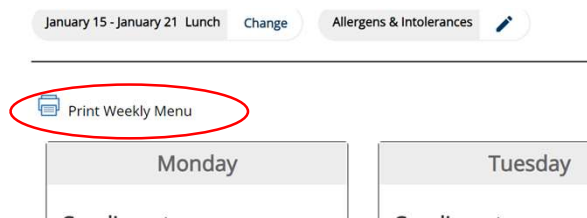
Step 2: Scroll down and click on the school specific menu



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

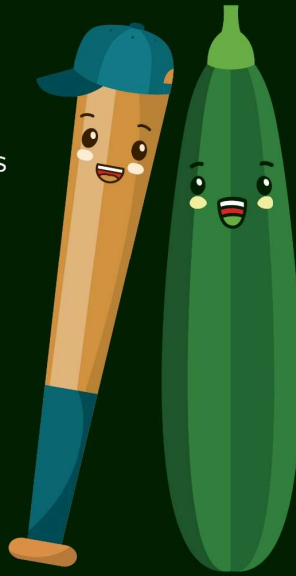
A meal calculator is available so nutritional information can be totaled based on meal and side selections

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!

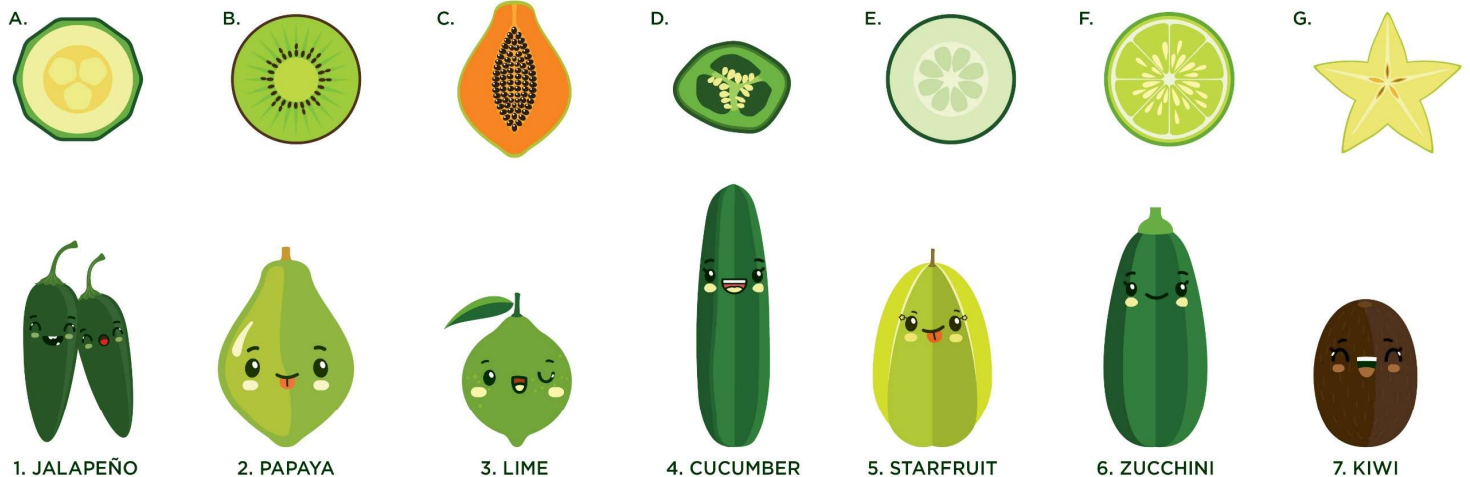


ACTIVITY: SLICE AS NICE.

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



This institution is an equal opportunity provider.

JOKES ANSWER: There are too many ears.
ACTIVITY ANSWERS: 1-D; 2-C; 3-F; 4-E; 5-G; 6-A; 7-B
BONUS ANSWER: 4-E, CUCUMBER

BONUS

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

SEE ANSWER BELOW

