

Waller 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

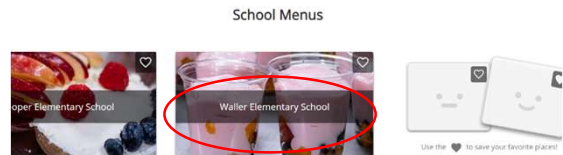
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lemon Breakfast Bread 6 <hr/> Waffles with Sausage Chicken Tenders Blueberry Muffin/Cheese/Yogurt Pack	Mini Cinnamon Roll 7 <hr/> Beef Nachos Chicken Nuggets Ham Chef Salad w/roll Pretzel Pack	Breakfast Chicken Patty on a Biscuit 8 <hr/> Pizza sticks with sauce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

BASD Online Menu Guide

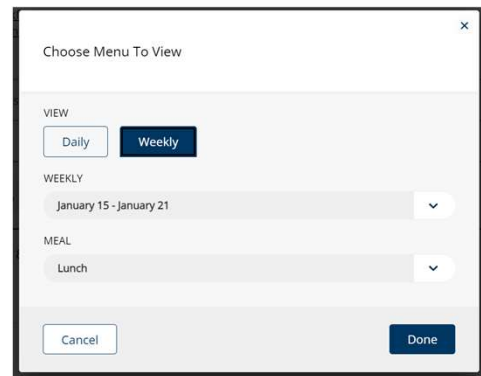
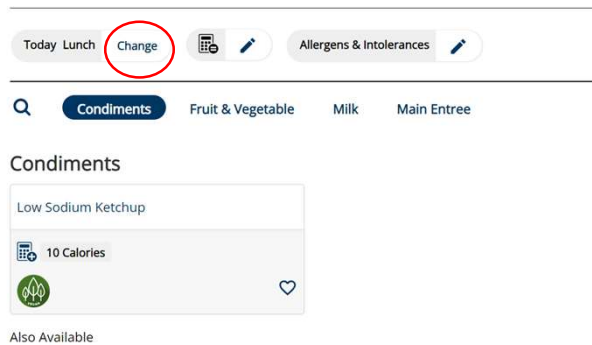
Step 1: Click on the fork and knife at the top right corner of the BASD website



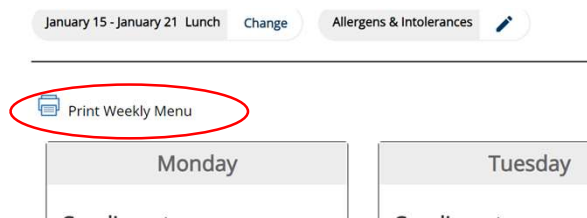
Step 2: Scroll down and click on the school specific menu



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

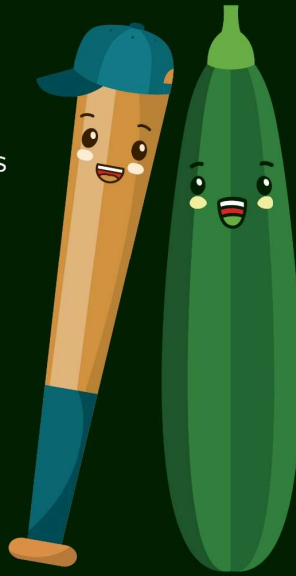
A meal calculator is available so nutritional information can be totaled based on meal and side selections

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!

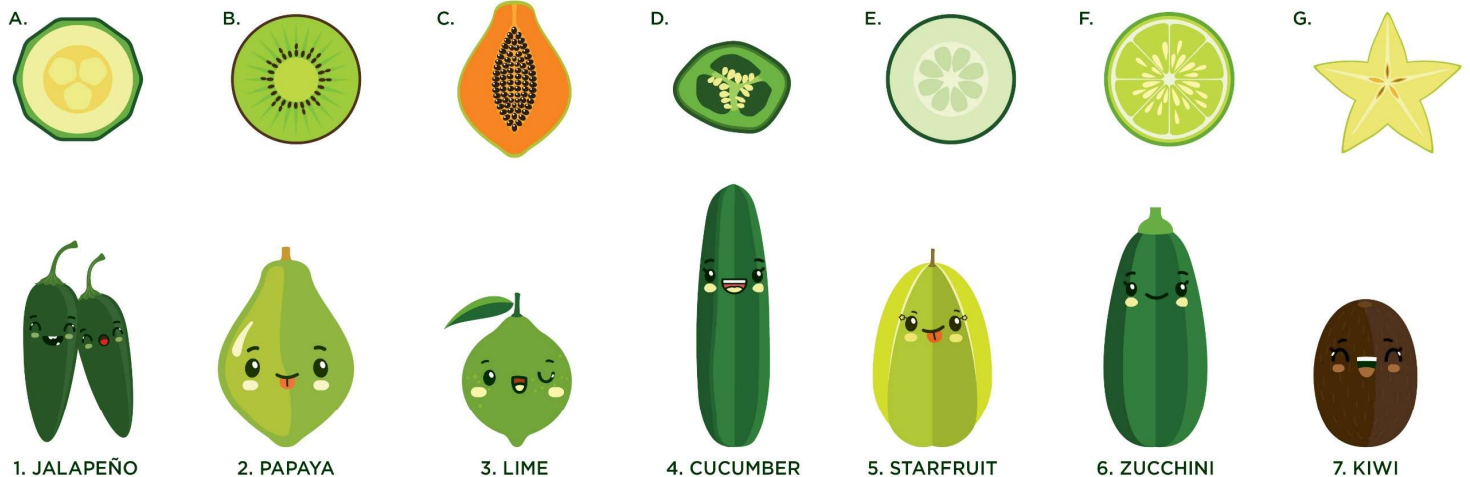


ACTIVITY: SLICE AS NICE.

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

