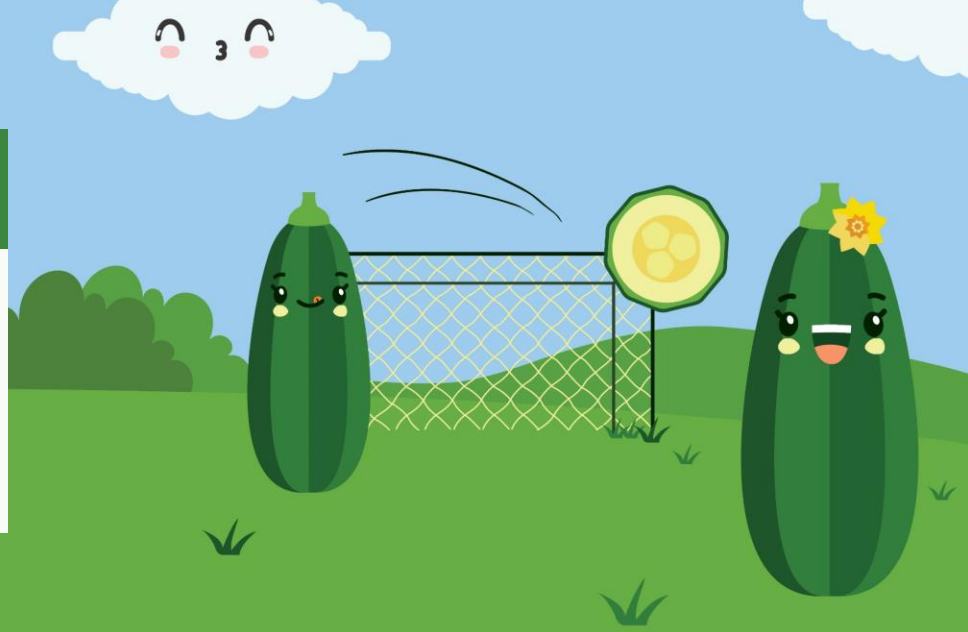


OCPS Pre-K SEPTEMBER 2022



ACE'S CORNER

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



Breakfast Prices

Paid: \$1.35

Reduced: \$0.00

Lunch Prices

Paid: \$3.00

Reduced: \$0.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Closed- Labor Day</p>	<p>Cereal Bowl, Graham Crackers, Apple Slices & 1% Milk 6</p> <hr/> <p>Cheeseburger on a Bun Cucumber Slices Diced Pears</p>	<p>French Toast Sticks w/ Sugar Syrup, Grapes & 1% Milk 7</p> <hr/> <p>Chicken Nuggets Broccoli Bites Diced Peaches</p>	<p>Whole Grain Muffin Banana & 1% Milk 8</p> <hr/> <p>Ham & Cheese Cubes & Crackers Carrot Sticks Diced Peaches</p>	<p>Maple Madness Waffle Applesauce & 1% Milk 9</p> <hr/> <p>Cheese Pizza Cucumber Slices Strawberries</p>
<p>Cereal Bowl, Graham Crackers Apple Slices & 1% Milk 12</p> <hr/> <p>Turkey & Cheese Pin Wheels Carrot Sticks Fruit Mix</p>	<p>Bagel & Lite Cream Cheese Grapes & 1% Milk 13</p> <hr/> <p>Grilled Cheese Cucumber Slices Diced Pears</p>	<p>French Toast Sticks w/ Sugar Free Syrup, Grapes & 1% Milk 14</p> <hr/> <p>Chicken Nuggets Celery Sticks Diced Peaches</p>	<p>Whole Grain Muffin Banana & 1% Milk 15</p> <hr/> <p>Cheeseburger on a Bun Potato Smiles Watermelon Wedge</p>	<p>Maple Madness Waffle Applesauce & 1% Milk 16</p> <hr/> <p>Cheese Pizza Broccoli Bites Fruit Mix</p>
<p>Cereal Bowl, Graham Crackers Apple Slices & 1% Milk 19</p> <hr/> <p>Chicken Tenders Carrot Sticks Fruit Mix</p>	<p>Bagel & Lite Cream Cheese Grapes & 1% Milk 20</p> <hr/> <p>Mac & Cheese Green Beans Diced Pears</p>	<p>French Toast Sticks w/ Sugar Free Syrup, Grapes & 1% Milk 21</p> <hr/> <p>Chicken Nugget Goldfish Crackers Celery Sticks Diced Peaches</p>	<p>Whole Grain Muffin Banana & 1% Milk 22</p> <hr/> <p>Hotdog on a Bun Baked Beans Watermelon Wedge</p>	<p>Maple Madness Waffle Applesauce & 1% Milk 23</p> <hr/> <p>Cheese Pizza Carrot Sticks Grapes</p>
<p>Cereal Bowl, Graham Crackers Crackers, Apple Slices & 1% Milk 26</p> <hr/> <p>Turkey & Cheese Pin Wheels Carrot Sticks Fruit Mix</p>	<p>Bagel & Lite Cream Cheese Grapes & 1% Milk 27</p> <hr/> <p>Chicken Patty Sandwich Broccoli Bites Diced Pears</p>	<p>French Toast Sticks W/ Maple Syrup 28</p> <hr/> <p>Chicken Nuggets Green Beans Diced Peaches</p>	<p>Whole Grain Muffin Banana & 1% Milk 29</p> <hr/> <p>Cheeseburger on a Bun Tater Tots Cinnamon Applesauce</p>	<p>Maple Madness Waffle Applesauce & 1% Milk 30</p> <hr/> <p>Cheese Pizza Cucumber Slices Cantaloupe Bites</p>
		<p>Offered Daily: 1% Milk</p>		

SQUASH HUNGER WITH THIS POWERHOUSE VEGGIE!

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!



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.



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.

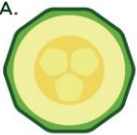
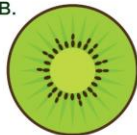












SEE ANSWER BELOW

BONUS



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

SEE ANSWER BELOW

A. 	B. 	C. 	D. 	E. 	F. 	G. 
						
1. JALAPEÑO	2. PAPAYA	3. LIME	4. CUCUMBER	5. STARFRUIT	6. ZUCCHINI	7. KIWI