

OCPS SEPTEMBER 2022

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

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

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

ACE'S CORNER

Breakfast Prices

Paid: \$1.35

Reduced: \$0.00

Lunch Prices

Paid: \$3.00

Reduced: \$0.00

Cheese Sandwich, PB & Jelly, PB, Ham & Cheese, Turkey & Cheese offered at lunch daily

Offered daily – Chicken Caesar Salad w/ Dinner Roll

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Closed – Labor Day</p>	<p>Maple Turkey Pancake Wrap w/ Maple Syrup 6</p> <hr/> <p>Cheeseburger on a Bun Potato Smiles Vegetarian Beans Cucumber Slices Diced Pears</p>	<p>Egg & Cheese Donut Melt 7</p> <hr/> <p>Chicken Nuggets Rice Corn Broccoli Bites Diced Peaches</p>	<p>Ham & Cheese Muffin Melt 8</p> <hr/> <p>Chicken Patty Parmesan Spaghetti & Marinara Sauce Sautéed Spinach Carrot Sticks Diced Peaches</p>	<p>Egg & Cheese Biscuit 9</p> <hr/> <p>Cheese or Pepperoni Pizza Green Beans Cucumber Slices Strawberries</p>
<p>Maple Madness Waffle 12</p> <hr/> <p>Bosco Sticks w/ Dipping Sauce Sweet Peas Carrot Sticks Grape Tomatoes Fruit Mix</p>	<p>Maple Turkey Pancake Wrap w/ Maple Syrup 13</p> <hr/> <p>Grilled Cheese Tomato Soup Buttered Carrots Cucumber Slices Diced Pears</p>	<p>French Toast Sticks w/ Maple Syrup 14</p> <hr/> <p>Chicken Nuggets Rice Cinnamon Sweet Potatoes Celery Sticks Diced Peaches</p>	<p>Egg & Cheese Muffin Melt 15</p> <hr/> <p>Cheeseburger on a Bun Potato Smiles Kick-in Pinto Beans Carrot Sticks Watermelon Wedge</p>	<p>Powdered Dutch Waffle w/ Maple Syrup 16</p> <hr/> <p>Cheese or Pepperoni Pizza Buttered Broccoli Red Pepper Strips Fruit Salad</p>
<p>Egg & Cheese Biscuit Melt 19</p> <hr/> <p>Breaded Chicken Filet on a Bun Buttered Corn Carrot Sticks Fruit Mix</p>	<p>Maple Turkey Pancake Wrap w/ Maple Syrup 20</p> <hr/> <p>Mac & Cheese Breadstick Sweet Potato Fries Red Pepper Strips Diced Pears</p>	<p>Powdered Donut 21</p> <hr/> <p>Chicken Nugget Goldfish Crackers Sweet Potato Fries Celery Sticks Diced Peaches</p>	<p>Ham & Cheese Melt 22</p> <hr/> <p>Hotdog on a Bun Baked Beans Cucumber Slices Watermelon Wedge</p>	<p>Chicken Sausage & Cheese Muffin Melt 23</p> <hr/> <p>Cheese or Pepperoni Pizza Buttered Broccoli Carrot Sticks Grapes</p>
<p>Chicken Sausage & Cheese Biscuit Melt 26</p> <hr/> <p>Meatball Parmesan Sub Glazed Carrots Grape Tomatoes Fruit Mix</p>	<p>Maple Turkey Pancake Wrap w/ Maple Syrup 27</p> <hr/> <p>Chicken Patty Sandwich Sweet Peas Broccoli Bites Diced Pears</p>	<p>French Toast Sticks w/ Maple Syrup 28</p> <hr/> <p>Chicken Nuggets Breadstick Green Beans Celery Sticks Diced Peaches</p>	<p>Cinnamon Sugar Donut 29</p> <hr/> <p>Cheeseburger on a Bun Tater Tots Celery Sticks Cinnamon Applesauce</p>	<p>Pancakes w/ Maple Syrup 30</p> <hr/> <p>Cheese or Pepperoni Pizza Sautéed Spinach Cucumber Slices Cantaloupe Bites</p>
	<p>Offered Daily: Assorted 100% Fruit Juice</p>	<p>Offered Daily: 1% Milk, Skim & Fat Free Chocolate Milk</p>	<p>Offered Daily: Assorted Fresh Fruit Basket</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.

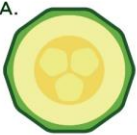
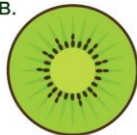












SEE ANSWER BELOW

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