

OCTOBER 2024

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

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

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

ACE'S CORNER

Milk Available Daily
1% White Milk
1% Chocolate Milk
1% Strawberry Milk



October is National Apple Month
October 9th is National Waffle Day
October 31st Halloween

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

| | | | | | | | | |
|----|---|---|---|---|---|--|--|---|
| | 01 | Country Chicken & Cheese Biscuit Cinni Mini | 02 | Pancake Bites Cocoa Puff Cereal Bar | 03 | French Toast Sticks Pop Tart | 04 | Biscuits & Gravy/Sausage Links Chocolate Eggo Waffle |
| | | Cereal/Animal Crackers Banana Fruit Juice | | Cereal/Animal Crackers Orange Fruit Juice | | Cereal/Animal Crackers Apple Fruit Juice | | Cereal/Animal Crackers Applesauce Fruit Juice |
| 07 | Breakfast Burrito Blueberry Muffin | 08 | Emoji Waffles w/ Hashbrowns Strawberry Pop Tart | 09 | Glazed Donut Cinnamon Toast Crunch Bar | 10 | Strawberry Biscuit Shortcake/ Hash Brown Breakfast Parfait | 11 |
| | Cereal/String Cheese Pear Fruit Juice | | Cereal/String Cheese Banana Fruit Juice | | Cereal/String Cheese Orange Fruit Juice | | Cereal/String Cheese Apple Fruit Juice | |
| 14 | Breakfast Bagel Sandwich Trix Cereal Bar | 15 | Sausage Pancake on a Stick Chocolate Eggo Waffle | 16 | Glazed Cinnamon Roll Cocoa Puff Cereal Bar | 17 | Biscuits & Gravy Hashbrown Cinni Mini | 18 |
| | Cereal/Animal Crackers Fruit Cocktail Fruit Juice | | Cereal/Animal Crackers Pear Fruit Juice | | Cereal/Animal Crackers Orange Fruit Juice | | Cereal/Animal Crackers Banana Fruit Juice | |
| 21 | Sausage Cheese Biscuit Cinnamon Toast Crunch Bar | 22 | Tony's Breakfast Pizza Fudge Pop Tart | 23 | Donut Holes Blueberry Muffin | 24 | Strawberry Biscuit Shortcake/ Sausage Links Cinni Mini | 25 |
| | Cereal/String Cheese Applesauce Fruit Juice | | Cereal/String Cheese Pear Fruit Juice | | Cereal/String Cheese Apple Fruit Juice | | Cereal/String Cheese Orange Fruit Juice | |
| 28 | Ham, Egg & Cheese Biscuit Cinnamon Toast Crunch Pastry | 29 | Breakfast Burrito Waffle Blueberry Bash | 30 | Glazed Donut Cocoa Puff Cereal Bar | 31 | | |
| | Cereal/Animal Crackers Pear Fruit Juice | | Cereal/Animal Crackers Banana Fruit Juice | | Cereal/Animal Crackers Applesauce Fruit Juice | | | |

HOW 'BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

'TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!

ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA

GOLDEN DELICIOUS

GRANNY SMITH

MCINTOSH

RED DELICIOUS

SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____