

APRIL 2026

Meal Prices

<u>Lunch</u>	<u>Adult</u>
\$3.45	\$3.95
<u>Extra Entrée</u>	<u>Milk</u>
\$2.75	\$1.00

Daily Options:
Assorted Milk

Menu subject to change without notice.



ACE'S CORNER



6-8th grade: ala carte options available for purchase

Nutritional Information available: lw.schooldish.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		No School	No School	No School
06	07	08	09	10
No School	1. Chicken Patty Sliders 2. Grilled Cheese 3. Munch Madness: Pancake w/ Omelet Corn & Red Pepper Strips Banana & Apple Juice	1: Orange Chicken w/ Rice 2: Hot Dog 1. 3. Munch Madness: Pancake w/ Omelet Veggie Blend & Edamame Peaches & Grape Juice	1: French Toast Sticks w/ Sausage 2: Chicken Patty Sandwich 3. Munch Madness: Pancake w/ Omelet Ruby Rush Juice & Celery Sticks Warm Cinn. Apples & Orange Juice	1: Cheese Pizza 2: All American Salad w/ Breadstick 3. Munch Madness: Pancake w/ Omelet Spinach Salad & Baby Carrots Fresh Apple & Fruit Juice
13	14	15	16	17
1: Mini Corn Dogs 2: Popcorn Chicken 3. LTO Buffalo Bacon Cheddar Waffleaco French Fries & Celery Sticks Mixed Fruit & Fruit Juice	1: Beef Nachos 2: Chicken Patty Sandwich 3. LTO Buffalo Bacon Cheddar Waffleaco Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice	1: Popcorn Chicken Bowl w/ Breadstick 2: Pizza Quesadilla 3. LTO Buffalo Bacon Cheddar Waffleaco Baked Beans & Celery Sticks Fresh Apple & Grape Juice	1: Cheesy Pull Aparts 2: Chicken Nuggets w/ Breadstick 3. LTO Buffalo Bacon Cheddar Waffleaco Ruby Rush Juice & Red Peppers Applesauce & Orange Juice	1: Pepperoni Pizza 2: Popcorn Chicken Salad w/ Breadstick Rainbow Veggies & Baby Carrots Apricots & Fruit Juice
20	21	22	23	24
1: Beef Tacos 2: Pretzel, Yogurt, Cheese Stick Pack Black Beans & Romaine Salad Mixed Fruit & Fruit Juice	1: Old Fashioned Patty Melt 2: Corn Dog Tater Tots & Pickled Cucumbers Banana & Apple Juice	1: Mini Pancakes & Cheese Omelet 2: BBQ Riblet Celery Sticks & Baby Carrots Warm Cinnamon Peaches & Grape Juice	1: Honey Stung Popcorn Chicken w/ Biscuit 2: Grilled Cheese Mashed Potatoes & Fresh Broccoli Applesauce & Orange Juice	1: Cheese Pizza 2: Three Cheese Salad w/ Breadstick Red Peppers & Cucumber Slices Apple & Fruit Juice
27	28	29	30	
National Pretzel Day! 1: Chicken Patty w/Signature Sauce 2. Pretzel w/ Cheese Cooked Broccoli & Baby Carrots Mixed Fruit & Fruit Juice	1: BBQ Chicken Flatbread 2: Taco Wedges Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice	1: Spaghetti w/ Meat Sauce 2. Chicken Nuggets w/ Breadstick Baked Beans & Celery Sticks Fresh Apple & Grape Juice	1: Waffle w/ 2 Sausage Links 2: Cheeseburger Red Pepper Strips & Ruby Rush Juice Applesauce & Orange Juice	1: Pepperoni Pizza 2: Italian Salad w/ Breadstick Romaine Salad & Cucumber Slices Apricots & Fruit Juice

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE

ANSWERS: Apple: stem, eye lashes, spots, cheek; Broccoli: flower, head, stem, glasses, tongue

This institution is an equal opportunity provider.



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

***DO NOT attempt to chop ingredients or cook without adult supervision.**