

DECEMBER 2025



Daily Options:
Assorted Milk

ACE'S CORNER

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



6-8th grade: ala carte options available for purchase
Nutritional Information available: lw.schooldish.com

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>1: Beef Tacos</div> <div>2: Pretzel, Yogurt, Cheese Stick Pack</div> <div>Black Beans & Romaine Salad</div> <div>Mixed Fruit & Fruit Juice</div>	<div>2</div> <div>1: Old Fashioned Patty Melt</div> <div>2: Corn Dog</div> <div>Tater Tots & Pickled Cucumbers</div> <div>Banana & Apple Juice</div>	<div>3</div> <div>1: Mini Pancakes & Cheese Omelet</div> <div>2: BBQ Riblet</div> <div>Celery Sticks & Baby Carrots</div> <div>Warm Cinnamon Peaches & Grape Juice</div>	<div>4</div> <div>National Cookie Day!!</div> <div>1: Honey Stung Popcorn Chicken w/ Biscuit</div> <div>2: Grilled Cheese</div> <div>Mashed Potatoes & Fresh Broccoli</div> <div>Applesauce & Orange Juice</div> <div>All Lunches served w/ a Cookie</div>	<div>5</div> <div>1: Cheese Pizza</div> <div>2: Three Cheese Salad w/ Breadstick</div> <div>Spinach Salad & Red Pepper Strips</div> <div>Apple & Fruit Juice</div>
<div>8</div> <div>1: Pizza Meatball Sub</div> <div>2: Popcorn Chicken w/ Breadstick</div> <div>Cooked Broccoli & Baby Carrots</div> <div>Mixed Fruit & Fruit Juice</div>	<div>9</div> <div>1: Chicken Patty w/ Signature Sauce</div> <div>2: Taco Wedges</div> <div>Waffle Fries & Fresh Broccoli</div> <div>Diced Pears & Apple Juice</div>	<div>10</div> <div>1: Spaghetti w/ Meat Sauce</div> <div>2: Chicken Nuggets w/ Breadstick</div> <div>Baked Beans & Celery Sticks</div> <div>Apple & Grape Juice</div>	<div>11</div> <div>1: Waffle w/ 2 Sausage Links</div> <div>2: Cheeseburger</div> <div>Red Pepper Strips & Ruby Rush Juice</div> <div>Applesauce & Orange Juice</div>	<div>12</div> <div>1: Pepperoni Pizza</div> <div>2: Italian Salad w/ Breadstick</div> <div>Romaine Salad & Cucumber Slices</div> <div>Apricots & Fruit Juice</div>
<div>15</div> <div>1: Chicken Patty Sandwich</div> <div>2: MYO Flatbread Pizza</div> <div>LTO: Jalapeno Popper Burger</div> <div>French Fries & Red Pepper Strips</div> <div>Mixed Fruit & Fruit Juice</div>	<div>16</div> <div>1: Chicken Tenders w/ Garlic Knots</div> <div>2: Cheeseburger</div> <div>LTO: Jalapeno Popper Burger</div> <div>Cooked Carrots & Fresh Broccoli</div> <div>Banana & Apple Juice</div>	<div>17</div> <div>1: Hot Dog</div> <div>2: Cheese Quesadilla</div> <div>LTO: Jalapeno Popper Burger</div> <div>Kickin' Pinto Beans & Fresh Zucchini</div> <div>Diced Peaches & Grape Juice</div>	<div>18</div> <div>1: BBQ Riblet</div> <div>2: Grilled Cheese</div> <div>LTO: Jalapeno Popper Burger</div> <div>Veg Blend & Celery Sticks</div> <div>Applesauce & Orange Juice</div>	<div>19</div> <div>1: Cheese Pizza</div> <div>2: Popcorn Chicken Salad w/ Breadstick</div> <div>LTO: Jalapeno Popper Burger</div> <div>Spinach Salad & Baby Carrots</div> <div>Fresh Apple & Fruit Juice</div>
<div>22</div> <div>No School</div>	<div>23</div> <div>No School</div>	<div>24</div> <div>No School</div>	<div>25</div> <div>No School</div>	<div>26</div> <div>No School</div>
<div>29</div> <div>No School</div>	<div>30</div> <div>No School</div>	<div>31</div> <div>No School</div>		

BROCON!

Broccoli, brassica oleracea, has been around for over 2,000 years. This green powerhouse veggie hails from the cabbage family. It's name is derived from the Italian word "broccolo", which means "the flowering crest of a cabbage." The broccoli we know and love is a variety known as Calabrese, named after the famed region in Italy. While California is nicknamed the golden state, it could also be called the broccoli state, since it produces 90 percent of our nation's broccoli harvest. On top of being a delicious veggie both cooked and raw, broccoli is very high in Vitamin C and calcium. One cup of chopped broccoli is the Vitamin C equivalent of an orange and the calcium equivalent to a glass of milk. Talk about a truly unbeatable healthy snack! It's no wonder that the average American eats over four pounds of broccoli a year.



DID YOU KNOW?

FLOWER POWER! If left unpicked, the head of a broccoli stalk, called the florets, will blossom into yellow flowers.

GIVE ME A SIGN There is no sign in American Sign Language for broccoli (it has to be spelled out).



ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF VEGETABLES WEAR SOCKS?

SEE ANSWER BELOW

ACTIVITY: THANKS A BUNCH!

Help the broccoli find their way home.

