

AUGUST 2025

Meal Prices

Lunch

\$3.45

Extra Entrée

\$2.75

Adult

\$3.95

Milk

\$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
				1
4	5	6	7	8
11	12	13	14	15
		First Day of School Early Dismissal 11:20 No Lunch	1: Mac & Cheese 2: Chicken Nuggets w/ Breadstick Ruby Rush Juice & Red Peppers Applesauce & Orange Juice	1: Pepperoni Pizza 2: Chicken & Cheese Salad w/ Breadstick Rainbow Veggies & Baby Carrots Apricots & Fruit Juice
18	19	20	21	22
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 Spinach Salad & Red Pepper Strips Apple & Fruit Juice
25	26	27	28	29
1: Pizza Meatball Sub 2: Popcorn Chicken w/ Breadstick Cooked Broccoli & Baby Carrots Mixed Fruit & Fruit Juice	1: Chicken Patty w/ Signature Sauce 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 Apple & Grape Juice	1: Waffle w/ 2 Sausage Links 2: Cheeseburger Red Pepper Strips & Ruby Rush Juice Applesauce & Orange Juice	School Improvement Day Early Dismissal 11:20 No Lunch

WATER YOU WAITING FOR?

Dig into these juicy, Watermelon facts

We are no stranger to watermelon (*Citrullus lanatus*) and on average eat around 16 pounds of it a year. Luckily, on top of being delicious and the perfect summer treat, **watermelon is full of nutritious vitamins and antioxidants**. While you can't actually grow a watermelon in your belly by eating the seeds, watermelon seeds are nutritious with high levels of magnesium, zinc, and protein. **Watermelon is also the perfect brain fuel** because it contains high levels of vitamin B6, which boosts neurotransmitter production and is necessary for brain development.

ACTIVITY

Drinking water is super important, especially in the summer months. On top of drinking water, pick out which fruits and veggies will help you get all the H₂O you need to stay hydrated:

TAKE A GUESS! CIRCLE **FOUR** FRUITS & VEGGIES THAT ARE 90% WATER:

SEE ANSWER BELOW



RADISH



WATERMELON



CUCUMBER



CORN



ZACK



ORANGE



BROCCOLI

MORE FRUITS AND VEGGIES ROCKING OVER 90% IN WATER CONTENT:

Lettuce, Celery, Tomatoes, Bell Peppers, Cauliflower, Spinach, Strawberries, Grapefruit, and Cantaloupe

ACE'S JOKE OF THE MONTH

Q. Why are bananas never lonely?

SEE ANSWER BELOW



DID YOU KNOW?

FRESH FRUIT IS APEELING

We think of watermelon as a fruit because of its sweet flavor and similarities to the melon family, but watermelon is technically also a vegetable. It belongs to the cucurbit family, and is related to pumpkins, cucumbers, and squash.

EWV!

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.



FAMILY BARBECUE

JOKE ANSWER: ...because they hang out in bunches
ACTIVITY ANSWER: Radish, Watermelon, Cucumber, Broccoli