

# FEBRUARY 2026



## Meal Prices

|                     |              |
|---------------------|--------------|
| <b>Lunch</b>        | <b>Adult</b> |
| \$3.45              | \$3.95       |
| <b>Extra Entrée</b> | <b>Milk</b>  |
| \$2.75              | \$1.00       |

ACE'S CORNER

Menu subject to change without notice.

6-8<sup>th</sup> grade: ala carte options available for purchase.  
 Nutritional Information available: [lw.schooldish.com](http://lw.schooldish.com)  
 Assorted Milk available for all meals

This institution is an equal opportunity provider.



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| <b>1:</b> Mini Corn Dogs w/ Breadstick <b>2</b><br><b>2:</b> Popcorn Chicken w/ Breadstick<br>French Fries & Celery Sticks<br>Mixed Fruit & Fruit Juice | <b>1:</b> Beef Nachos <b>3</b><br><b>2:</b> Cheeseburger<br>Waffle Fries & Fresh Broccoli<br>Diced Pears & Apple Juice   | <b>1:</b> Popcorn Chicken Bowl w/ Breadstick <b>4</b><br><b>2:</b> Cheese Pizzadilla<br>Baked Beans & Celery Sticks<br>Fresh Apple & Grape Juice  | <b>1:</b> Mac & Cheese <b>5</b><br><b>2:</b> Chicken Nuggets w/ Breadstick<br>Ruby Rush Juice & Red Peppers<br>Applesauce & Orange Juice   | <b>1:</b> Pepperoni Pizza <b>6</b><br><b>2:</b> Chicken & Cheese Salad w/ Breadstick<br>Rainbow Veggies & Baby Carrots<br>Apricots & Fruit Juice   |
| <b>1:</b> Beef Tacos <b>9</b><br><b>2:</b> Pretzel, Yogurt, Cheese Stick Pack<br>Black Beans & Romaine Salad<br>Mixed Fruit & Fruit Juice               | <b>1:</b> Old Fashioned Patty Melt <b>10</b><br><b>2:</b> Corn Dog<br>Tater Tots & Pickled Cucumbers<br>Banana & Apple Juice   | <b>1:</b> Mini Pancakes & Cheese Omelet <b>11</b><br><b>2:</b> BBQ Riblet<br>Celery Sticks & Baby Carrots<br>Warm Cinnamon Peaches & Grape Juice  | <b>FREE Cookie for V-day!</b> <b>12</b><br><b>House Lunch</b><br>Turkey & Cheese Sandwich<br>Baby Carrots<br>Applesauce & Juice  | <b>No Lunch:</b><br><b>11:20am Dismissal</b> <b>13</b>   |
| <b>No School</b> <b>16</b>  | <b>1:</b> Chicken Patty w/ Signature Sauce <b>17</b><br><b>2:</b> Taco Wedges<br><b>LTO: Cheeseburger Nachos w/ Pickle Queso</b><br>Waffle Fries & Fresh Broccoli<br>Diced Pears & Apple Juice | <b>1:</b> Spaghetti w/ Meat Sauce <b>18</b><br><b>2:</b> Chicken Nuggets w/ Breadstick<br><b>LTO: Cheeseburger Nachos w/ Pickle Queso</b><br>Baked Beans & Celery Sticks<br>Apple & Grape Juice | <b>1:</b> Waffle w/ 2 Sausage Links <b>19</b><br><b>2:</b> Cheeseburger<br><b>LTO: Cheeseburger Nachos w/ Pickle Queso</b><br>Red Pepper Strips & Ruby Rush Juice<br>Applesauce & Orange Juice | <b>1:</b> Pepperoni Pizza <b>20</b><br><b>2:</b> Italian Salad w/ Breadstick<br><b>LTO: Cheeseburger Nachos w/ Pickle Queso</b><br>Romaine Salad & Cucumber Slices<br>Apricots & Fruit Juice           |
| <b>1:</b> Chicken Patty Sandwich <b>23</b><br><b>2:</b> MYO Flatbread Pizza<br>French Fries & Red Pepper Strips<br>Mixed Fruit & Fruit Juice            | <b>1:</b> Chicken Tenders w/ Garlic Knots <b>24</b><br><b>2:</b> Cheeseburger<br>Cooked Carrots & Fresh Broccoli<br>Banana & Apple Juice   | <b>1:</b> Beef Walking Tacos <b>25</b><br><b>2:</b> Cheese Quesadilla<br>Kickin' Pinto Beans & Fresh Zucchini<br>Diced Peaches & Grape Juice  | <b>1:</b> BBQ Riblet <b>26</b><br><b>2:</b> Grilled Cheese<br>Veg Blend & Celery Sticks<br>Applesauce & Orange Juice   | <b>National Strawberry Day!</b> <b>27</b><br><b>1:</b> Cheese Pizza<br><b>2:</b> Popcorn Chicken Salad w/ Breadstick<br>Spinach Salad & Baby Carrots<br><b>Strawberry Applesauce &amp; Fruit Juice</b> |
|   |  |   |  | <br>SchoolDish  |

# TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

## DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



**ALMONDS:** Bursting with, fiber, magnesium, & vitamin E  
Peak Season: Aug.-Oct.

**BROWN PEAR:** Hearty dose of vitamin C, fiber, and copper  
Peak Season: Sep.-Apr.

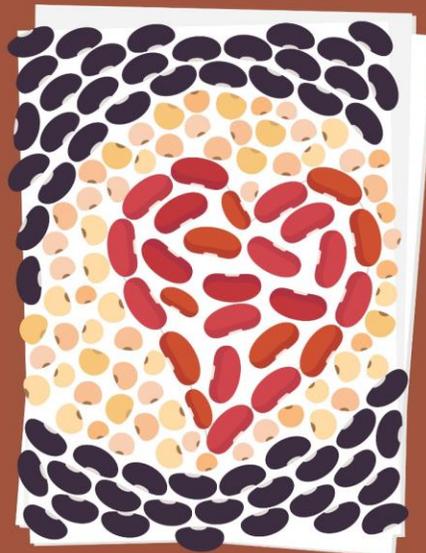


**QUINOA:** Brimming with fiber, protein, & quercetin  
Peak Season: Sep.-Nov.

## CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



**ACE'S**  
RECIPE OF THE  
MONTH:

## HEALTHY-YET-DELICIOUS BROWNIES\*

Serves 16

### INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

### PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

**\*DO NOT attempt to cook, bake, or blend without adult supervision.**