

MARCH 2026

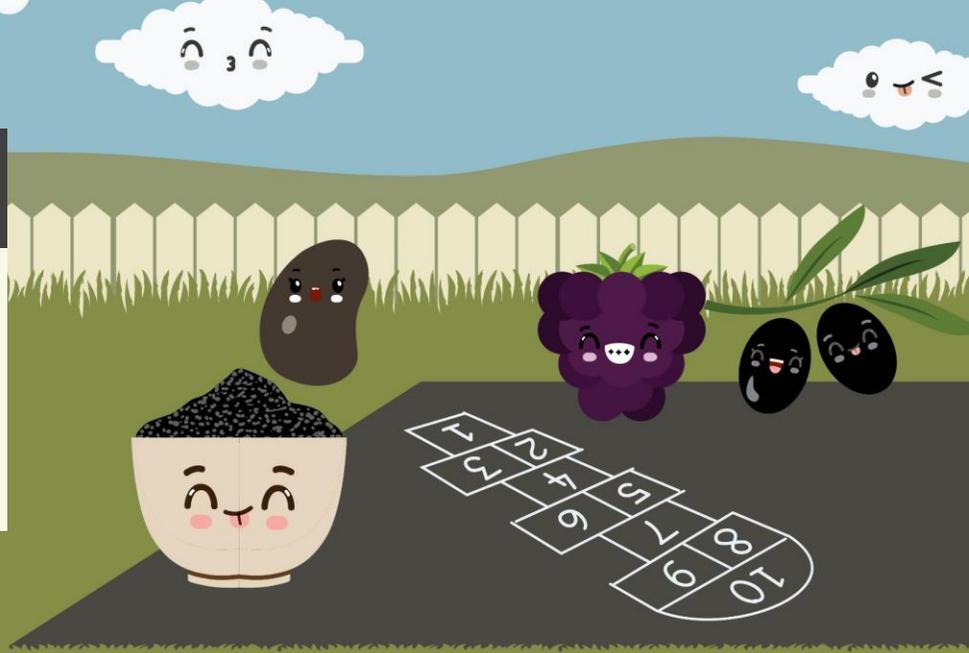
Meal Prices

Lunch	Adult
\$3.45	\$3.95
Extra Entrée	Milk
\$2.75	\$1.00

Daily Options:
Assorted Milk



ACE'S CORNER



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1: Cheeseburger 02 2: MYO Flatbread Pizza Mashed Potatoes w/ Gravy & Fresh Broccoli Mixed Fruit & Fruit Juice	1: Chicken Patty Sliders 03 2: Grilled Cheese Corn & Red Pepper Strips Banana & Apple Juice	1: Orange Chicken w/ Rice 04 2: Chicken Patty Sandwich Veg. Blend & Edamame Diced Peaches & Grape Juice	1: French Toast w/ 2 Sausage Patties 05 2: Hot Dog Celery Sticks & Ruby Rush Juice Applesauce & Orange Juice	1: Cheese Pizza 06 2: Grilled Cheese Spinach Salad & Baby Carrots Apple & Fruit Juice
1: Mini Corn Dogs w/ Breadstick 09 2: Popcorn Chicken w/ Breadstick French Fries & Celery Sticks Mixed Fruit & Fruit Juice	1: Grilled Cheese 10 2: BBQ Chicken Flatbread Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice Wellness Committee Choice Day!!	1: Popcorn Chicken Bowl w/ Breadstick 11 2: Max Sticks w/ Sauce Baked Beans & Celery Sticks Fresh Apple & Grape Juice	1: Mac & Cheese 12 2: Chicken Nuggets w/ Breadstick Ruby Rush Juice & Red Peppers Applesauce & Orange Juice	1: Cheese Pizza 13 2: Three Cheese Salad w/ Breadstick Rainbow Veggies & Baby Carrots Apricots & Fruit Juice
1: Beef Tacos 16 2: Pretzel, Yogurt, Cheese Stick Pack 3. LTO Sweet Heat Chorizo Empanada Black Beans & Romaine Salad Mixed Fruit & Fruit Juice	1: Old Fashioned Patty Melt 17 2: Corn Dog 3. LTO Sweet Heat Chorizo Empanada Tater Tots & Pickled Cucumbers Banana & Apple Juice	1: Mini Pancakes & Cheese Omelet 18 2: BBQ Riblet 3. LTO Sweet Heat Chorizo Empanada Celery Sticks & Baby Carrots Peaches & Grape Juice	1: Honey Stung Popcorn Chicken w/ Biscuit 19 2: Cheesy Pull Apart 3. LTO Sweet Heat Chorizo Empanada Mashed Potatoes & Fresh Broccoli Applesauce & Orange Juice	1: Cheese Pizza 20 2: Three Cheese Salad w/ Breadstick 3. LTO Sweet Heat Chorizo Empanada Spinach Salad & Red Pepper Strips Apple & Fruit Juice
1: Pizza Meatball Sub 23 2: Chicken Patty w/ Signature Sauce Cooked Broccoli & Baby Carrots Mixed Fruit & Fruit Juice	1: BBQ Riblet 24 2: Popcorn Chicken w/ Breadstick Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice	1: Spaghetti w/ Meat Sauce 25 2. Taco Wedges Baked Beans & Celery Sticks Apple & Grape Juice	1: Waffle w/ 2 Sausage Links 26 2: Cheeseburger Red Pepper Strips & Ruby Rush Juice Applesauce & Orange Juice	1. Cheese Pizza 27 2. Grilled Cheese Cucumber Slices & Romaine Salad Apricots & Apple Juice
30 Spring Break No School	31 Spring Break No School			Munch Madness Entrée Bracket Stop by and vote for your favorite entrée! The winning entrée will be featured for a full week in April!



NEW MOON NUTRIENTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black quinoa, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

DISCOVER: BLACKBERRIES

Bursting with tart sweetness, blackberries are shaking things up in the cafeteria this month. In season during the warmer months, these juicy berries are packed with vitamin C, fiber, and manganese.



BLACK BEANS: Packed with protein, fiber, & minerals
Peak Season: Jun.-Aug.

BLACK RICE:

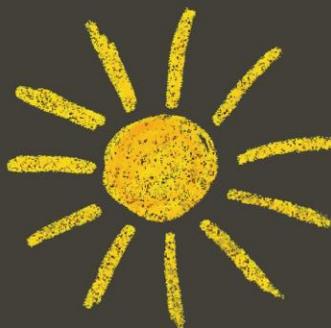
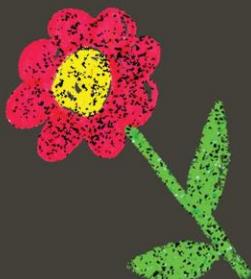
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



BLACK OLIVES: Packed with calcium, iron, & potassium
Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: HOMEMADE SIDEWALK PAINT

Using water, cornstarch, and food coloring you can make your own sidewalk paint! Just mix equal parts water and cornstarch and then add the food coloring of your choice. With a muffin tin as your painter's palette, you can mix up a variety of colors to make your own work of art outside.



ACE'S RECIPE OF THE MONTH:

BLACK BEAN AND TOMATO SALAD*

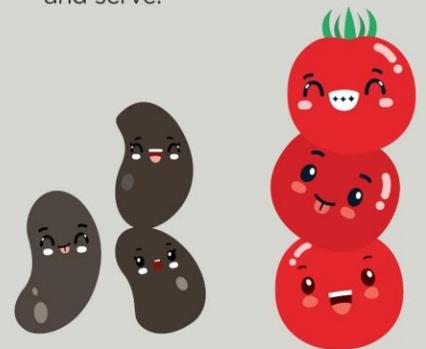
Serves 4

INGREDIENTS:

- 1 package cherry tomatoes
- 1 can black beans
- 1/4 cup corn
- 2-3 green onions chopped
- 2 cloves garlic minced
- 3 tablespoons cilantro finely chopped
- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 pinch salt or to taste
- 1-2 teaspoon(s) sugar to taste
- 1 teaspoon chili powder

PREPARATION:

1. In a medium bowl, mix tomatoes, black beans, corn, and green onions.
2. In a small bowl, make dressing by mixing garlic, cilantro, orange juice, balsamic vinegar, salt, sugar, and chili powder.
3. Pour dressing over top of salad mixture, stir to combine, and serve.



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