

MAY 2026

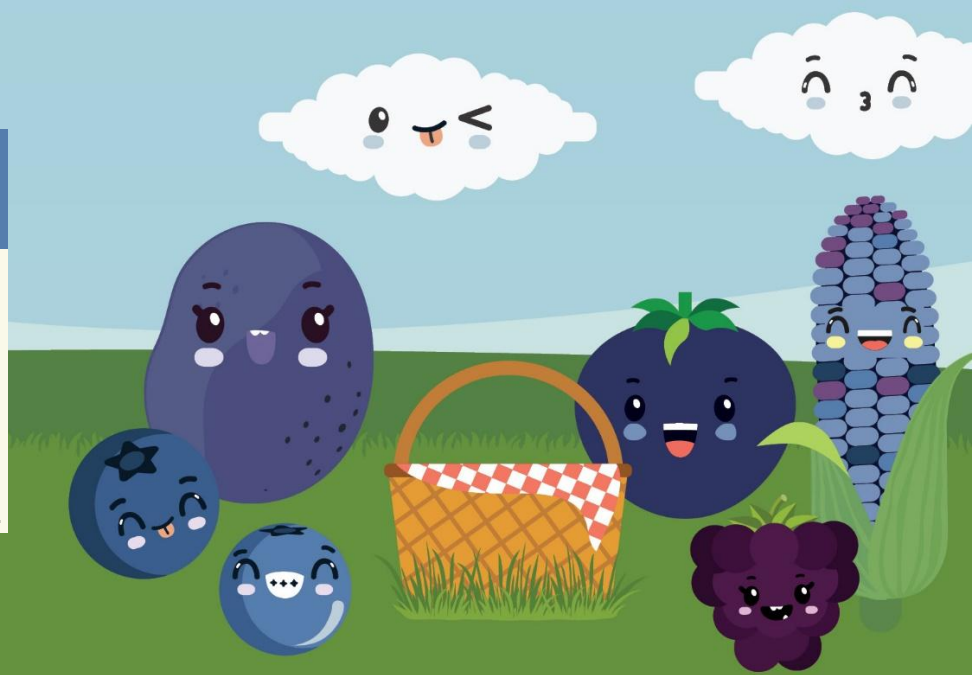
Meal Prices

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



ACE'S CORNER

Menu subject to change without notice.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 1: Pepperoni Pizza 2: Italian Salad w/ Breadstick Romaine Salad & Cucumber Slices Apricots & Fruit Juice
04 1: Chicken Patty Sandwich 2: MYO Flatbread Pizza French Fries & Red Pepper Strips Mixed Fruit & Fruit Juice	05 1: Chicken Tenders w/ Garlic Knots 2: Cheeseburger Cooked Carrots & Fresh Broccoli Banana & Apple Juice	06 1: Beef Walking Tacos 2: Cheese Quesadilla Kickin' Pinto Beans & Fresh Zucchini Diced Peaches & Grape Juice	07 1: BBQ Riblet 2: Grilled Cheese Veg Blend & Celery Sticks Applesauce & Orange Juice	National Pizza Party Day! 08 1: Cheese Pizza 2: Popcorn Chicken Salad w/ Breadstick Spinach Salad & Baby Carrots Fresh Apple & Fruit Juice
11 1: Cheeseburger 2: MYO Flatbread Pizza 3. LTO Bruschetta Chicken Focaccia Mashed Potatoes w/ Gravy & Fresh Broccoli Mixed Fruit & Fruit Juice	12 1: Chicken Patty Sliders 2: Grilled Cheese 3. LTO Bruschetta Chicken Focaccia Corn & Red Pepper Strips Banana & Apple Juice	13 1: Orange Chicken w/ Rice 2: Chicken Patty Sandwich 3. LTO Bruschetta Chicken Focaccia Veg. Blend & Edamame Diced Peaches & Grape Juice	14 1: French Toast w/ 2 Sausage Patties 2: Hot Dog 3. LTO Bruschetta Chicken Focaccia Celery Sticks & Ruby Rush Juice Applesauce & Orange Juice	15 1: Pepperoni Pizza 2: All-American Salad w/ Breadstick 3. LTO Bruschetta Chicken Focaccia Spinach Salad & Baby Carrots Apple & Fruit Juice
18 No School	19 1: Beef Nachos 2: Cheeseburger Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice	20 1: Popcorn Chicken Bowl w/ Breadstick 2: Cheese Pizzadilla Baked Beans & Celery Sticks Fresh Apple & Grape Juice	21 1: Mac & Cheese 2: Chicken Nuggets w/ Breadstick Ruby Rush Juice & Red Peppers Applesauce & Orange Juice	22 No Lunch 11:20 dismissal
25	26	27	28	29

BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME



WATERMELON + CUCUMBER + MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



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