

# SEPTEMBER 2025

## Meal prices

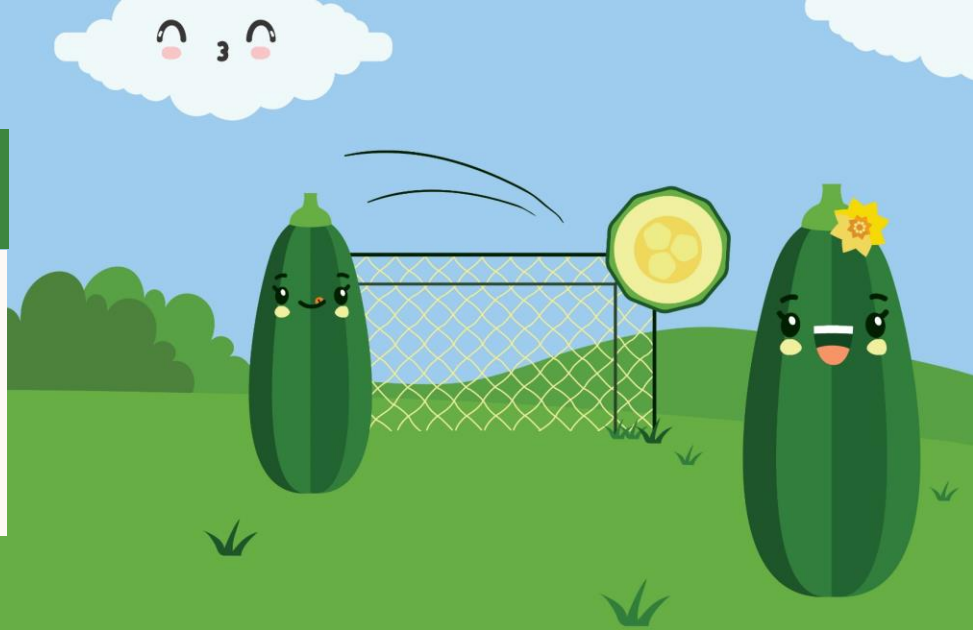
<b>Adult</b>	<b>Lunch</b>
<b>\$3.45</b>	<b>\$3.95</b>
<b>Extra starter</b>	<b>Milk</b>
<b>\$2.75</b>	<b>\$1.00</b>

Daily options: Mixed milk

Menu subject to change without notice.



ACE'S CORNER



6-8th grade: A la carte options available for purchase  
Nutritional information disponible: [lw.schooldish.com](http://lw.schooldish.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>No school</b></p>	<p><b>2</b></p> <p>1: Chicken Tenders w/ Garlic Knots</p> <p>2: Cheeseburger</p> <p>Cooked Carrots &amp; Fresh Broccoli</p> <p>Banana &amp; Apple Juice</p>	<p><b>3</b></p> <p>1: Beef Walking Tacos</p> <p>2: Cheese Quesadilla</p> <p>Kickin' Pinto Beans &amp; Fresh Zucchini</p> <p>Diced Peaches &amp; Grape Juice</p>	<p><b>4</b></p> <p>1: BBQ Riblet</p> <p>2: Grilled Cheese</p> <p>Veg Blend &amp; Celery Sticks</p> <p>Applesauce &amp; Orange Juice</p>	<p><b>5</b></p> <p><b>Sacked Lunch!!</b></p> <p>Turkey &amp; Cheese Sandwich</p> <p>Carrots</p> <p>Apple</p>
<p><b>8</b></p> <p>1: Cheeseburger</p> <p>2: MYO Flatbread Pizza</p> <p>Mashed Potatoes w/ Gravy &amp; Fresh Broccoli</p> <p>Mixed Fruit &amp; Fruit Juice</p>	<p><b>9</b></p> <p>1: Chicken Patty Sliders</p> <p>2: Grilled Cheese</p> <p>Corn &amp; Red Pepper Strips</p> <p>Banana &amp; Apple Juice</p>	<p><b>10</b></p> <p>1: Orange Chicken w/ Rice</p> <p>2: Chicken Patty Sandwich</p> <p>Veg. Blend &amp; Edamame</p> <p>Diced Peaches &amp; Grape Juice</p>	<p><b>11</b></p> <p><b>Eggoji Waffle Day!!</b></p> <p>1: Eggoji Waffles w/ 2 Sausage Patties</p> <p>2: Hot Dog</p> <p>Celery Sticks &amp; Ruby Rush Juice</p> <p>Applesauce &amp; Orange Juice</p>	<p><b>12</b></p> <p>1: Cheese Pizza</p> <p>2: All-American Salad w/ Breadstick</p> <p>Spinach Salad &amp; Baby Carrots</p> <p>Apple &amp; Fruit Juice</p>
<p><b>15</b></p> <p>1: Mini Corn Dogs w/ Breadstick</p> <p>2: Popcorn Chicken w/ Breadstick</p> <p><b>LTO: Fajita Chicken Flatbread</b></p> <p>French Fries &amp; Celery Sticks</p> <p>Mixed Fruit &amp; Fruit Juice</p>	<p><b>16</b></p> <p>1: Beef Nachos</p> <p>2: Cheeseburger</p> <p><b>LTO: Fajita Chicken Flatbread</b></p> <p>Waffle Fries &amp; Fresh Broccoli</p> <p>Diced Pears &amp; Apple Juice</p>	<p><b>17</b></p> <p>1: Popcorn Chicken Bowl w/ Breadstick</p> <p>2: Cheese Pizzadilla</p> <p><b>LTO: Fajita Chicken Flatbread</b></p> <p>Baked Beans &amp; Celery Sticks</p> <p>Fresh Apple &amp; Grape Juice</p>	<p><b>18</b></p> <p>1: Mac &amp; Cheese</p> <p>2: Chicken Nuggets w/ Breadstick</p> <p><b>LTO: Fajita Chicken Flatbread</b></p> <p>Ruby Rush Juice &amp; Red Peppers</p> <p>Applesauce &amp; Orange Juice</p>	<p><b>19</b></p> <p>1: Pepperoni Pizza</p> <p>2: Chicken &amp; Cheese Salad w/ Breadstick</p> <p><b>LTO: Fajita Chicken Flatbread</b></p> <p>Rainbow Veggies &amp; Baby Carrots</p> <p>Apricots &amp; Fruit Juice</p>
<p><b>22</b></p> <p>1: Beef Tacos</p> <p>2: Pretzel, Yogurt, Cheese Stick Pack</p> <p>Black Beans &amp; Romaine Salad</p> <p>Mixed Fruit &amp; Fruit Juice</p>	<p><b>23</b></p> <p>1: Old Fashioned Patty Melt</p> <p>2: Corn Dog</p> <p>Tater Tots &amp; Pickled Cucumbers</p> <p>Banana &amp; Apple Juice</p>	<p><b>24</b></p> <p>1: Mini Pancakes &amp; Cheese Omelet</p> <p>2: BBQ Riblet</p> <p>Celery Sticks &amp; Baby Carrots</p> <p>Warm Cinnamon Peaches &amp; Grape Juice</p>	<p><b>25</b></p> <p><b>Dumplings Day!!</b></p> <p>1: Honey Stung Popcorn Chicken w/ Biscuit</p> <p>2: Chicken Dumplings</p> <p>Mashed Potatoes &amp; Fresh Broccoli</p> <p>Applesauce &amp; Orange Juice</p>	<p><b>26</b></p> <p>1: Cheese Pizza</p> <p>2: Three Cheese Salad w/ Breadstick</p> <p>Spinach Salad &amp; Red Pepper Strips</p> <p>Apple &amp; Fruit Juice</p>
<p><b>29</b></p> <p>1: Pizza Meatball Sub</p> <p>2: Popcorn Chicken w/ Breadstick</p> <p>Cooked Broccoli &amp; Baby Carrots</p> <p>Mixed Fruit &amp; Fruit Juice</p>	<p><b>30</b></p> <p>1: Chicken Patty w/ Signature Sauce</p> <p>2: Taco Wedges</p> <p>Waffle Fries &amp; Fresh Broccoli</p> <p>Diced Pears &amp; Apple Juice</p>			

# SQUASH

## HUNGER WITH THIS POWERHOUSE VEGGIE!

Zucchini, known as a courgette in Europe, is a summer squash belonging to the cucurbita pepo species. Zucchini grows best in the summer though they are available all year long. Zucchini are a healthy addition to any meal since they are fat and cholesterol free, low in sodium, and rich in vitamins and minerals. The World's Largest Zucchini was grown in Devon, UK and measured 69.5 inches long at a weight of 65 pounds. Ranging in color from a dark green to a golden yellow, zucchini's relatives include pumpkins and gourds—making it the perfect introduction to fall.



### ACE'S JOKE OF THE MONTH

Q. WHY IS IT A BAD IDEA TO TELL SECRETS IN A CORNFIELD?

SEE ANSWER BELOW



### DID YOU KNOW?

#### ZUCCHINI CAN GROW TO THE SIZE OF A BASEBALL BAT!

But when it comes to taste, bigger is not better! Typically zucchini are harvested at about 6-8 inches.

#### ZUCCHINI FLOWERS ARE EDIBLE!

Each zucchini plant has a flower sprout on top which is totally safe to eat—if you dare!



### ACTIVITY: SLICE AS NICE.

Be sure to eat your greens! These fruits and veggies are all delicious additions to your diet.

MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.

SEE ANSWER BELOW

### BONUS

IN A PICKLE... Which of these is typically used to make pickles?

SEE ANSWER BELOW

