

September 2025



ACE'S CORNER

Lunch Prices
Student: \$2.95
Adult: \$4.00

All Lunches must include a fruit and/or vegetable & may Include:
1%, Low-Fat OR Low Fat Chocolate Milk

Available Everyday:

Sunbutter & Jelly Sandwich w/ cheese stick

Bagel Fun Lunch
Bagel, Yogurt & Cheese Stick

Chicken Caesar Salad w/ Dinner Roll

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	Beef Nachos 26 Seasoned Garbanzo Beans Orange Smiles	Tex Mex Popcorn 27 Chicken Dinner Roll Green Beans Red Delicious Apple	Pancakes 28 Turkey Sausage Sweet Potato Wedges Grapes	Cheese Pizza 29 Vegetable Pizza Romaine Side Salad Pear
Week 1 Weekly Specials: HOT: Cheese Melt COLD: Garden Salad with Chicken w/ WG Dinner Roll				
1 LABOR DAY SCHOOL CLOSED	Cheese Quesadilla 2 Seasoned Black Beans Melon Slices	Teriyaki Chicken 3 Dumplings Steamed Rice Broccoli Peach	Chicken Nuggets 4 Dinner Roll Sweet Potato Wedges Gala Apple	Cheese Pizza 5 Pepperoni Pizza Green Beans Strawberry
Week 2 Weekly Specials: HOT: Hamburger/Cheeseburger COLD: Blueberry Greek Yogurt Parfait w/ Granola				
Macaroni & Cheese 8 Breadstick Seasoned Carrots Orange Smiles	Chicken Nachos 9 Mexi Rice Kickin' Pinto Beans Grapes	Honey Stung 10 Popcorn Chicken Soft Pretzel Celery Sticks Apple	Pancakes 11 Turkey Sausage Tator Tots Melon Slices	Cheese Stuffed 12 Bread Sticks w/ Marinara Sauce Romaine Salad Strawberry
Week 3 Weekly Specials: HOT: Bean & Cheese Quesadilla COLD: Flatbread Pepperoni Pizza Kit				
Spaghetti & Meatballs 15 Garlic Knot Broccoli Peach	Soft Beef Taco 16 3 Bean Salad Pink Grapefruit	BBQ & Cheddar 17 Tender Melt Steamed Corn Orange Wedges	EARLY DISMISSAL 18 Sunbutter & Jelly OR Bagel Fun Lunch OR Chicken Tenders w/ Roll Baby Carrots Apple Slices	Cheese Pizza 19 Meatball Pizza Cucumber Coins Pear
Week 4 Weekly Specials: HOT: Chicken Tenders w/ WG Dinner Roll			COLD: Chicken Ranch Salad w/ WG Dinner Roll	
Chicken Penne 22 Alfredo Garlic Knots Roasted Zucchini Melon Slices	ROSH HASHNAH 23 SCHOOL CLOSED	Chicken Quesadilla 24 Kickin' Pinto Beans Grapes	Waffles 25 Turkey Sausage Sweet Potato Wedges Pink Grapefruit	Cheese Pizza 26 Pepperoni Pizza Romaine Side Salad Pear
Week 5 Weekly Specials: HOT: Meatball Parmesan Sub COLD: Strawberry Greek Yogurt Parfait w/ Granola				

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