



SEPTEMBER 2026

Fresh Fruit & Vegetable Selection Available Everyday

We offer 2 fresh fruits and 2 fresh veggies. Selections are based on seasonal availability.

Fruits: Apple, Orange, Pear, Peach, Plum, Strawberry, Blueberry, Cantaloupe, Honeydew, Watermelon, Grapes, Pineapple & Banana

Veggies: Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Corn, Snap Peas & Grape Tomatoes

Lunch Prices:
Student: \$3.35
Adult: \$4.00

All reimbursable lunches **MUST** include a fruit, vegetable, or 100% vegetable juice and **MAY** include a whole, 1% or skim chocolate milk

ACE'S CORNER

Available Everyday:

Sunbutter & Jelly Sandwich w/ Cheese Stick

Bagel, Yogurt, & Cheese Stick

Chicken Caesar Salad w/ WG Dinner Roll

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	24	26	27	28
			French Toast Sticks Turkey Sausage Tater Tots	Cheese or Pepperoni Pizza Spinach Side Salad
31	1	2	3	4
Macaroni & Cheese WG Pretzel Steamed Broccoli	Loaded Beef Nachos w/ Tomato & Lettuce Pinto Beans	Boneless Chicken Wing & Mashed Potato Bowl Breadstick Green Beans	Confetti Pancakes Turkey Sausage Patty Sweet Potato Fries	Cheese or Pepperoni Pizza Garden Side Salad
Hot Weekly Special: Hamburger or Cheeseburger on WG Bun		Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread		
7	8	9	10	11
NO SCHOOL LABOR DAY	Twin Soft Beef Tacos Seasoned Black Beans	Honey Stung Chicken WG Biscuit Green Beans	Blueberry Waffle Colby Cheese Omelet Tater Tots	Pizza Snack Sticks w/ Marinara Dipping Sauce Red Pepper Strips
Hot Weekly Special: Chicken & Cheese Quesadilla		Cold Weekly Special: Pepperoni Pizza Bagel Kit		
14	15	16	17	18
Chicken Penne Alfredo Italian Breadstick Garlic Parmesan Green Beans	Loaded Beef Nachos Cinnamon Churro Kickin' Pinto Beans	Boneless Chicken Wing Bar w/ Ranch or BBQ Sauce WG Biscuit Carrot & Celery Sticks	EARLY DISMISSAL Bagel Fun Lunch, Sunbutter & Jelly Sandwich, or WG Cheese Melt	Cheese or Pepperoni Pizza Romaine Side Salad
Hot Weekly Special: Cheese Melt on WG Bread		Cold Weekly Special: Blueberry Yogurt Parfait with Granola		
21	22	23	24	25
NO SCHOOL YOM KIPPUR	Chicken Fajita Quesadilla Mexi Spiced Rice Roasted Garbanzo Beans	Orange Chicken & Vegetable Egg Roll Glazed Carrots	Mini Maple Waffles Turkey Sausage Patty Tater Tots	Cheese or Pepperoni Pizza Spinach Side Salad
Hot Weekly Special: Beef Meatball Parmesan Sub		Cold Weekly Special: Pretzel, Yogurt & Cheese Stick Pack		

FRUIT & VEGGIE TIME

VITAMINS AND MINERALS GALORE

Fruits and vegetables are essential for growing kids because they provide vital vitamins (A, C, K), minerals (potassium, magnesium), and fiber necessary for growth, immunity, and brain development. They help maintain a healthy weight, improve school performance, and reduce the long-term risk of diseases like diabetes and heart disease.

AVOCADO HUMMUS SNACK CUPS

INGREDIENTS:

- 1 (15-oz.) can cannellini beans (white beans), drained and rinsed
- 2 ripe, fresh California Avocados, seeded and peeled
- 2 Tbsp. freshly squeezed lemon juice
- 1 clove garlic
- 1 tsp. kosher salt
- 2 Tbsp. olive oil

*DO NOT chop or cook without adult supervision.

INSTRUCTIONS:

1. Place the beans, avocado, lemon juice, garlic, and kosher salt into a food processor and blend until smooth
2. Slowly drizzle in the olive oil and pulse until blended
3. Spoon mixture into the bottom of a to-go cup or container
4. Stick dipping veggies—carrot sticks, sliced bell peppers, snap peas, celery, cherry tomatoes, or whatever you like—into the hummus and dig in!



CREATE A RAINBOW PLATE

COLORFUL FOODS ARE GOOD FOR YOU!

CONCEPT: Balanced meals

SUPPLIES: Paper plates, crayons

INSTRUCTIONS:

1. Divide plate into sections.
2. Fill each section with different fruits and vegetables of the same color or shape
3. Discuss—what fruits and vegetables did you include? What vitamins might they contain? How could they be part of a balanced meal?

SUPERHERO CREATOR

CONCEPT: Draw and color fruit- and veggie-based superheroes based on the benefits each provides

EXAMPLES:

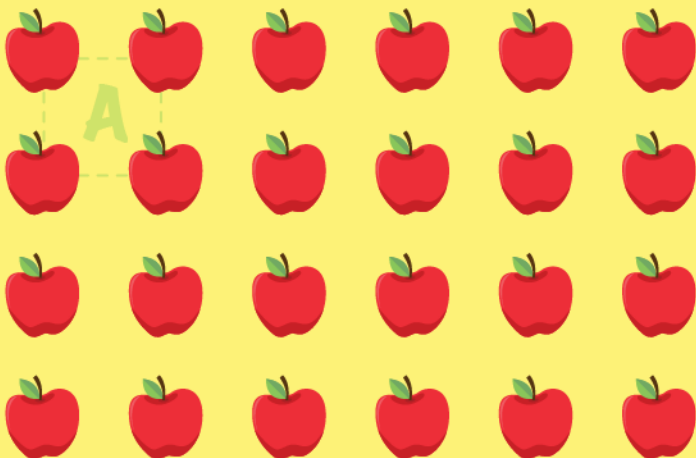
- Carrots → Super Sight
- Spinach → Strong Muscles
- Oranges → Immune Boost, Healthy Skin
- Broccoli → Strong Bones

DISCUSS: Name your heroes and choose a team name!

APPLE-A-DAY DOT GAME

Connect the apples to score points!

Take turns with a friend drawing a line between two apples. When you finish a square, put your initial inside. The player with the most squares at the end of the game is the winner!



FRESH FUNNIES

Q: Why did the banana go to the doctor?

A: It wasn't PEELING well!

Q: What do you call a sad strawberry?

A: A blueberry!

Q: What's orange and sounds like a parrot?

A: A carrot!

Q: Why do beets always win?

A: The are un-beet-able!

