

Headstart Sept. 2026



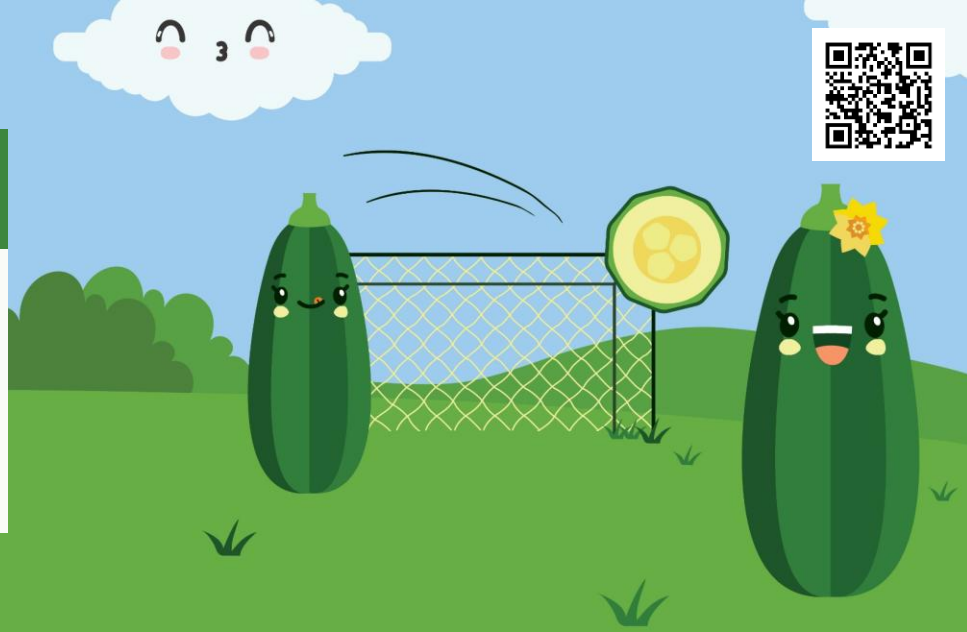
OFFERED DAILY:

1% White Milk

¼ Cup of Fruit & Vegetables

All Grains are Whole Grain

ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger Refried Beans Pears	2 Popcorn Chicken Cooked Carrots Peaches	3 Beef Tacos Spiral Fries Applesauce	4 Cheese Pizza Tossed Salad Apple Slices
7 No School	8 Chicken Patty Sandwich Cooked Carrots Pears	9 Confetti Pancakes & Cheese Omelet Crinkle Fries Peaches	10 Garlic Pull Apart Celery Applesauce	11 Pepperoni Pizza Tossed Salad Apple Crisps
14 Popcorn Chicken Baked Beans Fruit Mix	15 Cheeseburger Cooked Carrots Pears	16 Chicken Patty Sandwich Celery Peaches	17 Chicken & Waffles Spiral Fries Applesauce	18 Cheese Pizza Tossed Salad Apple Slices
21 Bosco Sticks Celery Fruit Mix	22 Chicken Tenders Cooked Carrots Pears	23 Rib Sandwich Crinkle Fries Peaches	24 Chicken Patty Sandwich Baked Beans Applesauce	25 Pepperoni Pizza Tossed Salad Apple Crisps
28 Cheeseburger Celery Fruit Mix	29 French Toast & Scrambled Eggs Waffle Fries Pears	30 Chicken patty Sandwich Baked Beans Peaches		

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.

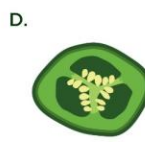
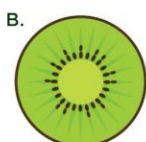
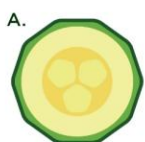
MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.

SEE ANSWER BELOW

BONUS

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

SEE ANSWER BELOW



1. JALAPEÑO



2. PAPAYA



3. LIME



4. CUCUMBER



5. STARFRUIT



6. ZUCCHINI



7. KIWI