

Ascension


January 2018

HOT LUNCH

Price: Student - \$3.30, Adult - \$3.60

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Entrée
Fresh Green Salad - Garden, Caesar, Spinach Mix, Oriental, OR Mediterranean
Fresh Veggies - Carrots, Broccoli, Cucumber, OR Celery
 Dressing/Dip
Fresh Fruit - Apple, Orange, OR Banana
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
No School	No School	No School	No School	No School
8th	9th	10th	11th	12th
Chicken Strips Baked Chips & Bean Dip Salad, Veggies, Fruit, Milk VEG - Three Bean Chili & Muffin	Hamburger Carrot Slaw Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli & Breadstick	Turkey Corn Dog Deli Coleslaw Salad, Fruit, Milk VEG - Multi-Cheese Sand	Santa Fe Chicken Wrap Refried Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap	Meatball Hoagie Potato Salad Veggies, Fruit, Milk VEG - Multi-Cheese Hoagie
15th	16th	17th	18th	19th
No School	Hamburger Bean Dip Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta & Breadstick	Turkey Corn Dog Potato Salad Salad, Veggies, Fruit, Milk VEG - Hummus w/ Chips	Beef Enchilada Bake Pinto Beans & Roll Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Buffalo Chicken Sandwich Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Sub
22nd	23rd	24th	25th	26th
Chicken Strips Potato Salad Salad, Fruit, Milk VEG - Egg Salad Hoagie	Hamburger Deli Coleslaw Salad, Veggies, Fruit, Milk VEG - Cheese Alfredo & Breadstick	Turkey Corn Dog Carrot Slaw Salad, Veggies, Fruit, Milk VEG - Three Bean Chili & Chips	No School	No School
29th	30th	31st		
Chicken Strips Baked Chips & Bean Dip Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup & Muffin	Hamburger Hummus Dip Salad, Veggies, Fruit, Milk VEG - Mac & Cheese w/ Roll	Turkey Corn Dog Steamed Corn Veggies, Fruit, Milk VEG - Multi-Cheese on Bun		

BREAKFAST

Price: Student - \$2.00, Adult - \$2.00

SERVED DAILY

Fruit Juice - Apple, Mixed Berry, Kiwi/Strawberry
Fruit - Apple, Orange, Banana, Raisins, Applesauce
 Variety of Milk, including Skim

Breakfast Loaf String Cheese Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Breakfast Cereal String Cheese Fruit, Milk	Assorted Muffins Fruit Yogurt Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, Juice, Milk
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SNACK

Price: Student - No Charge

Multi-Grain Bar Fruit Juice	Animal Crackers Fruit Juice	Sun Chips Fruit Juice	Oatmeal Bar Fruit Juice	Pretzels Fruit Juice
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MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

This institution is an equal opportunity provider.

Our Commitment

“Healthy Food, Healthy Message”

We provide wholesome, delicious, real food that helps teach the right message to children.

ANY QUESTIONS? CONTACT:

School Office @ 612-521-3609 or
 DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com