

# Ascension

# October 2017

## 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
<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b>
Chicken Vegetable Soup Dinner Roll Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup	Pasta w/ Meatballs Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Teriyaki Chicken Leg Steamed Corn & Biscuit Salad, Fruit, Milk VEG - Egg Salad Sub	Soft Shell Turkey Taco Baked Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap	BBQ Beef on Bun Carrot Slaw Salad, Fruit, Milk VEG - Italian Cheese Hoagie
<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>	<b>13th</b>
Chicken Taco Soup Tortilla Chips Salad, Veggies, Fruit, Milk VEG - Veggie Taco Soup	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same	Beef & Cheese Stuffed Potato & Biscuit Salad, Fruit, Milk VEG - Bean & Cheese Stuffed	Soft Shell Chicken Taco Black Beans Veggies, Fruit, Milk VEG - Cheese Burrito	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
<b>16th</b>	<b>17th</b>	<b>18th</b>	<b>19th</b>	<b>20th</b>
Vegetable Beef Stew Corn Muffin Salad, Veggies, Fruit, Milk VEG - Three Bean Chili	Chicken Mostaccioli Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	<b>No School</b>	<b>No School</b>	<b>No School</b>
<b>23rd</b>	<b>24th</b>	<b>25th</b>	<b>26th</b>	<b>27th</b>
White Chicken Chili Southern Biscuit Salad, Veggies, Fruit, Milk VEG - White Bean Chili	Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Chicken Kofta Brown Rice 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
<b>30th</b>	<b>31st</b>			
BBQ Meatball Hoagie Potato Salad Salad, Fruit, Milk VEG - Egg Salad Hoagie	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Alfredo			

## 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	Breakfast Cereal 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	Multi-Grain 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](http://www.donerightfood.com)