

Ascension

September 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 |
|--|--|---|--|---|
| August 28th | August 29th | August 30th | August 31st | 1st |
| 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 |
| 4th | 5th | 6th | 7th | 8th |
| Labor Day | Salisbury Steak Steamed Corn & Roll Salad, Fruit, Milk VEG - Multi-Cheese Sand | Santa Fe Chicken Wrap Refried Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap | Meatball Hoagie Deli Coleslaw Veggies, Fruit, Milk VEG - Multi-Cheese Hoagie | Chicken Mostaccioli Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli |
| 11th | 12th | 13th | 14th | 15th |
| 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 |
| 18th | 19th | 20th | 21st | 22nd |
| BBQ Meatball Hoagie Potato Salad Salad, Fruit, Milk VEG - Egg Salad Hoagie | Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Alfredo | Beef & Bean Chili Tortilla Chips Salad, Veggies, Fruit, Milk VEG - Three Bean Chili | Chicken Fajita Wrap Black Beans Veggies, Fruit, Milk VEG - Cheese Burrito | Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same |
| 25th | 26th | 27th | 28th | 29th |
| Vegetable Beef Soup Corn Muffin Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup | Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk ALT - Same | BBQ Chicken Leg Steamed Corn & Biscuit Veggies, Fruit, Milk VEG - Multi-Cheese on Bun | Soft Shell Beef Taco Refried Beans Salad, Fruit, Milk VEG - Cheese Quesadilla | Italian Chicken Sub Carrot Slaw Salad, Fruit, Milk VEG - Egg Salad Sub |

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

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|---|--|--|--|---|
| 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

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|--------------------------------|--------------------------------|--------------------------|--------------------------------|-------------------------|
| 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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Done Right Food

School & Event Catering Services



**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