

Ascension

November 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
		1st	2nd	3rd
		Beef & Bean Chili Tortilla Chips Salad, Veggies, Fruit, Milk VEG - Three Bean Chili	No School	No School
6th	7th	8th	9th	10th
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
13th	14th	15th	16th	17th
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
20th	21st	22nd	23rd	24th
Chicken Taco Soup Tortilla Chips Salad, Veggies, Fruit, Milk VEG - Veggie Taco Soup	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same	Holiday Break	Holiday Break	Holiday Break
27th	28th	29th	30th	
Vegetable Beef Stew Corn Muffin Salad, Veggies, Fruit, Milk VEG - Three Bean Chili	Chicken Mostaccioli Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	Salisbury Steak Deli Coleslaw & Roll Salad, Fruit, Milk VEG - Multi-Cheese Sand	Santa Fe Chicken Wrap Refried Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap	

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