

Ascension

October 2018

HOT LUNCH

Price: Student - \$3.40, Adult - \$3.65

SERVED DAILY

Regular Entrée
Fresh Green Salad - Garden, Caesar, Spinach Mix, OR Oriental
Fresh Veggies - Carrots, Broccoli, Cucumber, Tomatoes 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
Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Chicken & Cheese Nachos Refried Beans Salad, Fruit, Milk	BBQ Beef on Bun Potato Wedges Salad, Fruit, Milk	Hamburger Baked Chips Salad, Veggies, Fruit, Milk	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk
8th	9th	10th	11th	12th
Meatball Hoagie Baked Beans Salad, Veggies, Fruit, Milk	Swedish Meatballs w/ Steamed Rice Salad, Veggies, Fruit, Milk	Beef Enchilada Bake Dinner Roll Salad, Veggies, Fruit, Milk	Hamburger Roasted Potatoes Salad, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk
15th	16th	17th	18th	19th
Chicken Patty Sandwich Salad, Veggies, Fruit, Milk	Hamburger Baked Chips Salad, Veggies, Fruit, Milk	No School	No School	No School
22nd	23rd	24th	25th	26th
Buffalo Chicken on Bun Deli Coleslaw Salad, Veggies, Fruit, Milk	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Steamed Corn Salad, Fruit, Milk	Beef & Cheese Nachos w/ Refried Beans Salad, Fruit, Milk	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk
29th	30th	31st		
BBQ Meatball Hoagie Baked Beans Salad, Fruit, Milk	Chicken Mostaccioli Garlic Breadstick Salad, Veggies, Fruit, Milk	Salisbury Steak Mashed Potatoes & Biscuit Salad, Fruit, Milk		

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, 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