

# Ascension



# January 2019

## HOT LUNCH

Price: Student - \$3.40, Adult - \$3.75

### 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
	No School	No School	No School	No School
7th	8th	9th	10th	11th
Chicken Patty Sandwich Roasted Potatoes Salad, Veggies, Fruit, Milk	Soft Shell Chicken Taco Steamed Rice Salad, Veggies, Fruit, Milk	Beef Enchilada Bake Soft Breadstick Salad, Veggies, Fruit, Milk	Hamburger Baked Beans Salad, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk
14th	15th	16th	17th	18th
Hamburger Salad, Veggies, Fruit, Milk	Swedish Meatballs w/ Pasta Soft Breadstick Salad, Veggies, Fruit, Milk	Turkey Hot Dog Pinto Beans Salad, Fruit, Milk	BBQ Chicken Leg Steamed Corn & Roll Salad, Fruit, Milk	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk
21st	22nd	23rd	24th	25th
No School	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Teriyaki Chicken Leg Steamed Corn & Biscuit Salad, Fruit, Milk	Beef & Cheese Nachos w/ Refried Beans Salad, Fruit, Milk	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk
28th	29th	30th	31st	
Beef Stroganoff w/ Pasta Dinner Roll Salad, Veggies, Fruit, Milk	Chicken & Cheese Nachos Pinto Beans Salad, Fruit, Milk	BBQ Beef on Bun Potato Wedges Salad, Fruit, Milk	Hamburger Baked Chips Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta & Roll	

## 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 Fruit, Juice, Milk	Assorted Muffins Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, 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](http://www.donerightfood.com)