

# Ascension


# September 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
2	3	4	5	6
<b>Labor Day</b>	Cheeseburger Salad, Veggies, Fruit, Milk	Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk	Orange Glazed Chicken w/ Steamed Rice Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk
9	10	11	12	13
BBQ Beef on Bun Roasted Potatoes Salad, Fruit, Milk	Italian Sloppy Joe Salad, Veggies, Fruit, Milk	Cheeseburger Salad, Veggies, Fruit, Milk	Chicken & Cheese Nachos Baked Beans Salad, Fruit, Milk	Corn Dog Salad, Veggies, Fruit, Milk
16	17	18	19	20
Chicken Patty Sandwich Potato Wedges Salad, Fruit, Milk	Cheeseburger Salad, Veggies, Fruit, Milk	Soft Shell Beef Taco Pinto Beans Salad, Fruit, Milk	BBQ Beef on Bun Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk
23	24	25	26	27
Beef & Cheese Nachos Baked Beans Salad, Veggies, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Meatball Hoagie Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Salad, Veggies, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk
30	 <p><b>Done Right Food</b> School &amp; Event Catering Services</p>			
Salisbury Steak w/ 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 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)