

# Ascension

# November 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

**Done Right Food**  
 School & Event Catering Services



1

No School

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Turkey Hot Dog  
 Salad, Veggies, Fruit, Milk

Cheese Lasagna  
 Dinner Roll  
 Salad, Veggies, Fruit, Milk

Chicken Strips  
 Steamed Corn & Roll  
 Salad, Fruit, Milk

Soft Shell Beef Taco  
 Pinto Beans  
 Salad, Fruit, Milk

Hamburger  
 Salad, Veggies, Fruit, Milk

11

12

13

14

15

Salisbury Steak  
 w/ Mashed Potatoes & Roll  
 Salad, Fruit, Milk

Tandoori Chicken  
 Yellow Rice  
 Salad, Veggies, Fruit, Milk

Italian Pasta w/ Meatballs  
 Soft Breadstick  
 Salad, Veggies, Fruit, Milk

Soft Shell Chicken Taco  
 Pinto Beans  
 Salad, Fruit, Milk

Cheesy Breadsticks  
 & Marinara Sauce  
 Salad, Veggies, Fruit, Milk

18

19

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Chicken Patty Sandwich  
 Roasted Potatoes  
 Salad, Fruit, Milk

Italian Sloppy Joe  
 Salad, Veggies, Fruit, Milk

Cheeseburger  
 Salad, Veggies, Fruit, Milk

Chicken & Cheese Nachos  
 Baked Beans  
 Salad, Veggies, Fruit, Milk

Corn Dog  
 Salad, Veggies, Fruit, Milk

25

26

27

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29

BBQ Meatball Hoagie  
 Baked Chips  
 Salad, Fruit, Milk

Teriyaki Chicken Leg  
 w/ Steamed Rice  
 Salad, Veggies, Fruit, Milk

No School

No School

No School

## 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

## 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

**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)