

Ascension

January 2020

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
		1	2	3
		No School	No School	No School
6	7	8	9	10
Swedish Meatballs w/ Steamed Rice Salad, Veggies, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Cheeseburger Baked Beans Salad, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk
13	14	15	16	17
Salisbury Steak w/ Mashed Potatoes & Biscuit Salad, Fruit, Milk	Chicken Tandoori w/ Yellow Rice Salad, Veggies, Fruit, Milk	BBQ Chicken on Bun Salad, Veggies, Fruit, Milk	Soft Shell Turkey Taco Pinto Beans Salad, Fruit, Milk	No School
20	21	22	23	24
No School	Chicken & Cheese Nachos Pinto Beans Salad, Fruit, Milk	Cheeseburger Potato Wedges Salad, Fruit, Milk	Chicken Enchilada Bake Salad, Veggies, Fruit, Milk	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk
27	28	29	30	31
Turkey Hot Dog Pinto Beans Salad, Veggies, Fruit, Milk	Chicken Curry w/ Steamed Rice Salad, Veggies, Fruit, Milk	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, 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