

Ascension

September 2020

COLD LUNCH

Price: Student - \$3.50

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg
 Fresh Fruit - Apple, Orange, Pears, Or Banana
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Labor Day	Tuna Pasta Salad Veggies, Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Deli Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chef Salad Dinner Roll Veggies, Fruit, Milk VEG - Veggie Chef Salad	Chicken Shawarma Wrap Chickpea Salad Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap
14	15	16	17	18
Chicken Fajita Wrap Chipotle Bean Salad Veggies, Fruit, Milk VEG - Southwest Cheese Wrap	Deli Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Beef Gyro Bowl Veggies, Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Deli Salami Sandwich Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chicken Salad on Bun Veggies, Fruit, Milk VEG - Egg Salad on Bun
21	22	23	24	25
Chicken Ranch Wrap Veggies, Fruit, Milk VEG - Veggie Ranch Wrap	Chicken Taco Salad Baked Chips Veggies, Fruit, Milk VEG - Garden Salad	Dijon Tuna Salad on Bun Corn Salad Veggies, Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Chicken Curry Pasta Salad Veggies, Fruit, Milk VEG - Chickpea Curry Pasta Salad	Deli Turkey & Cheese Sandwich Chipotle Bean Salad Veggies, Fruit, Milk VEG - Egg Salad Sandwich
28	29	30		
Deli Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chicken Caesar Salad Soft Breadstick Veggies, Fruit, Milk VEG - Caesar Salad	Tuna Salad Wrap Veggies, Fruit, Milk VEG - Cinnamon Roll w/ String Cheese		

**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