

# Ascension

# October 2020

## COLD LUNCH

Price: Student - \$3.50

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entrée  
 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
			1	2
			Rice Salad w/ Chicken Fruit, Milk VEG - Rice Salad w/ Boiled Egg	Roast Beef & Cheese on Bun Chipotle Beans Fruit, Milk VEG - Egg Salad on Bun
5	6	7	8	9
Deli Salami Sandwich Chickpea Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chicken Ranch Wrap Baked Chips Veggies, Fruit, Milk VEG - Veggie Ranch Wrap	Beef Gyro Salad Pita Bread Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Deli Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Egg Salad Sandwich	Beef Taco Bowl Fruit, Milk VEG - Nacho Cheese w/ Chips
12	13	14	15	16
Roast Beef & Cheese on Bun Chipotle Beans Fruit, Milk VEG - Egg Salad on Bun	Chef Salad Dinner Roll Fruit, Milk VEG - Veggie Chef Salad	No School	No School	No School
19	20	21	22	23
Deli Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chicken Fajita Wrap Chipotle Beans Fruit, Milk VEG - Southwest Cheese Wrap	Beef Gyro Bowl 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
26	27	28	29	30
Deli Turkey & Cheese Sandwich Veggies, Fruit, Milk VEG - Egg Salad Sandwich	Chicken Taco Salad Baked Chips Fruit, Milk VEG - Garden Salad	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	Chicken Ranch Wrap Chipotle Beans Fruit, Milk VEG - Veggie Ranch Wrap

**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)