

Ascension


January 2021

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
				No School
4	5	6	7	8
Deli Turkey & Cheese Sandwich Veggies, Fruit, Milk VEG - Egg Salad Sandwich	Walking Taco Veggies, Fruit, Milk VEG - Nacho Cheese w/ Chips	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 Veggies, Fruit, Milk VEG - Veggie Ranch Wrap
11	12	13	14	15
Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chipotle Chicken Wrap Baked Chips Veggies, Fruit, Milk VEG - Veggie Chipotle Wrap	Tuna Salad Sandwich Veggies, Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Rice Salad w/ Chicken Veggies, Fruit, Milk VEG - Rice Salad w/ Boiled Egg	Roast Beef & Cheese on Bun Chipotle Beans Veggies, Fruit, Milk VEG - Egg Salad on Bun
18	19	20	21	22
No School	Chicken Ranch Wrap Crackers Veggies, Fruit, Milk VEG - Veggie Ranch Wrap	Beef Gyro Salad Pita Bread Fruit, Milk VEG - Cinnamon Roll w/ String Cheese	Turkey & Cheese Sandwich Chipotle Beans Veggies, Fruit, Milk VEG - Egg Salad Sandwich	Taco Bowl Veggies, Fruit, Milk VEG - Nacho Cheese w/ Chips
25	26	27	28	29
Roast Beef & Cheese on Bun Chipotle Beans Veggies, Fruit, Milk VEG - Egg Salad on Bun	Chef Salad Dinner Roll Fruit, Milk VEG - Veggie Chef Salad	Turkey & Cheese Sandwich Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Walking Taco Veggies, Fruit, Milk VEG - Nacho Cheese w/ Chip	No School

**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