

# Ascension

**HOT LUNCH**

**OCTOBER 23-24**

**PRICES: STUDENT - No Charge, ADULT - \$XX.XX**

**SERVED DAILY**

"Regular Entrée and/or Meatless/Vegetarian Alternate Entree"  
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach, Hummus  
 Low Fat Dressing/Dip  
 Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, Applesauce Cup, OR Assorted Fruit Juice  
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
BBQ Chicken on Bun	Cheesy Breadsticks	Soft Shell Turkey Taco	Chicken Shawarma	Chicken Alfredo
Roasted Potatoes	Marinara Sauce	Bean & Corn Salad	Steamed Rice	Garlic Breadstick
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Chicken Fajita Wrap	Mac & Cheese	Beef Nachos	Teriyaki Chicken	Swedish Meatballs
Steamed Corn	Soft Breadstick	Pinto Beans	Steamed Rice	Mashed Potatoes & Roll
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Sloppy Joe	Cheese Lasagna	<b>No School</b>	<b>No School</b>	<b>No School</b>
Baked Beans	Dinner Roll			
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk			
Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
Chicken Shawarma Wrap	Cheesy Breadsticks	Beef Enchilada Bake	Orange Chicken	Pasta w/ Meatballs
Chickpea Salad	Marinara Sauce	Steamed Corn	Steamed Rice	Garlic Toast
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Oct 30	Oct 31			
BBQ Chicken on Bun	Mac & Cheese			
Baked Beans	Soft Breadstick			
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk			

**MENUS SUBJECT TO INFREQUENT CHANGE  
 BASED ON AVAILABILITY OF ITEMS**

Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean, and other products.

All Done Right Food meals are Pork-Free.

*This institution is an equal opportunity provider.*

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



**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 @ xxx-xxx-xxxx or  
 DONE RIGHT FOOD @  
[www.donerightfood.com](http://www.donerightfood.com)