	Ascension				
HOT LU	INCH	OCTOBER 24-25	PRICES: STUDENT - No	Charge, ADULT - \$3.75	
		SERVED DAILY			
	s and/or Lettuce - Carrots, Broo	ccoli, Cucumber, Tomatoes, Cele Low Fat Dressing/Dip anana, Raisins, Craisins, Applesa	ry, and/or Romaine, Iceberg, Spina auce Cup, OR Assorted Fruit Juice		
Monday	Tuesday	Wednesday	Thursday	Friday	
				Oct 4	
Pancakes w/ Sausage	WG Mac & Cheese	Italian Meatball Hoagie	Beef Nachos		
Potato Wedges	Soft Breadstick	Steamed Carrots	Bean & Corn Salad	No School	
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk		
Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	
Soft Shell Beef Taco	Cheeseburger	Chicken Strips w/ Waffle	Cheesy Breadsticks	Walking Taco	
Pinto Beans		Steamed Corn	Marinara Sauce	Salsa	
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	
Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	
Italian Sloppy Joe	Chicken Strips				
	Mashed Potatos & Roll	No School	No School	No School	
Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk				
Oct 21	Oct 22	Oct 23	Oct 24	Oct 25	
Cheeseburger	Chicken Strips	Chicken Patty Sandwich	Turkey Hot Dog	Cheesy Breadsticks	
Steamed Carrots	Mashed Potatoes & GF Roll	Baked Beans	Deli Coleslaw	Marinara Sauce	
Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	
Oct 28	Oct 29	Oct 30	Oct 31	Nov 1	
Pancakes w/ Sausage	Cheeseburger	Walking Taco	Mac & Cheese	Beef Nachos	
Potato Wedges		Pinto Beans	Soft Breadstick	Salsa	
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, 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.			Our Commitment <u>"Healthy Food, Healthy Message"</u> <u>We provide wholesome, delicious, real food</u> <u>that helps teach the right message to children.</u> <u>ANY QUESTIONS? CONTACT:</u> <u>School Office or</u> <u>DONE RIGHT FOOD @</u> www.donerightfood.com		
	Monday Sep 30 Pancakes w/ Sausage Potato Wedges Salad, Fruit, Milk Oct 7 Soft Shell Beef Taco Pinto Beans Salad, Fruit, Milk Oct 14 Italian Sloppy Joe Salad, Veggies, Fruit, Milk Oct 21 Cheeseburger Steamed Carrots Salad, Veggies, Fruit, Milk Oct 28 Pancakes w/ Sausage Potato Wedges Salad, Fruit, Milk MENUS SUBJECT TO IN BASED ON AVAILAI Note: Menus may use in nuts/seeds, milk, and other p All Done Right Food m	Fresh Veggies and/or Lettuce - Carrots, Brow Fruit - Apple, Orange, Pear, Back Monday Tuesday Sep 30 Oct 1 Pancakes w/ Sausage WG Mac & Cheese Potato Wedges Soft Breadstick Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 7 Oct 8 Soft Shell Beef Taco Cheeseburger Pinto Beans Cheeseburger Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 14 Oct 15 Italian Sloppy Joe Chicken Strips Mashed Potatos & Roll Salad, Veggies, Fruit, Milk Oct 21 Oct 22 Cheeseburger Chicken Strips Steamed Carrots Mashed Potatoes & GF Roll Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Oct 28 Oct 29 Pancakes w/ Sausage Cheeseburger Potato Wedges Salad, Fruit, Milk 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.	"Regular Entrée and/or Meatless/Vegetarian / Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tornatoes, Cele Low Fat Dressing/Dip Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, Apples: Variety of Milk, including Skir Monday Tuesday Wednesday Sep 30 Oct 1 Oct 2 Pancakes w/ Sausage WG Mac & Cheese Italian Meatball Hoagie Potato Wedges Soft Breadstick Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 7 Oct 8 Oct 9 Othoken Strips w/ Waffle Pinto Beans Steamed Corn Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 14 Oct 15 Oct 16 Italian Sloppy Joe Chicken Strips Mashed Potatos & Roll No School Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Oct 21 Oct 22 Oct 23 Oct 23 Oct 23 Oct 23 Oct 24 Oct 22 Oct 30 Pancakes w/ Sausage Cheeseburger Chicken Patty Sandwich Steared Carrots Mashed Potatoes &	"Regular Entrée and/or Meatless/Vegetarian Alternate Entree" Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spina 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 Sep 30 Oct 1 Oct 2 Oct 3 Pancakes w/ Sausage WG Mac & Cheese Italian Meatball Hoagie Been & Con Salad Pancakes w/ Sausage Soft Breadstick Steamed Carrots Bean & Con Salad Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Oct 7 Oct 8 Oct 19 Oct 10 Soft Shell Beef Taco Cheeseburger Chicken Strips w/ Waffle Cheesey Breadsticks Pinto Beans Steamed Corn Marinara Sauce Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Oct 14 Oct 15 Oct 16 Oct 17 Oct 22 Oct 23 Oct 24 Oct 20 Oct 24 Oct 22 </td	