

Ascension

HOT LUNCH

OCTOBER 24-25

PRICES: STUDENT - No Charge, ADULT - \$3.75

SERVED DAILY

"Regular Entrée and/or Meatless/Vegetarian Alternate Entrée"
 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
Week 2	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4
Option 1	Pancakes w/ Sausage	WG Mac & Cheese	Italian Meatball Hoagie	Beef Nachos	
Side1	Potato Wedges	Soft Breadstick	Steamed Carrots	Bean & Corn Salad	No School
Veggies	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	
Week 3	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11
Option 1	Soft Shell Beef Taco	Cheeseburger	Chicken Strips w/ Waffle	Cheesy Breadsticks	Walking Taco
Side1	Pinto Beans		Steamed Corn	Marinara Sauce	Salsa
Veggies	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Week 4	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Option 1	Italian Sloppy Joe	Chicken Strips			
Side1		Mashed Potatos & Roll	No School	No School	No School
Veggies	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk			
Week 5	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Option 1	Cheeseburger	Chicken Strips	Chicken Patty Sandwich	Turkey Hot Dog	Cheesy Breadsticks
Side1	Steamed Carrots	Mashed Potatoes & GF Roll	Baked Beans	Deli Coleslaw	Marinara Sauce
Veggies	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Week 6	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
Option 1	Pancakes w/ Sausage	Cheeseburger	Walking Taco	Mac & Cheese	Beef Nachos
Side1	Potato Wedges		Pinto Beans	Soft Breadstick	Salsa
Veggies	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.

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 or
DONE RIGHT FOOD @
www.donerightfood.com