



Apples by  
Nadiya Cox



Month Harvest  
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"My favorite item on the school salad bar is hard boiled eggs because sometimes I eat them for breakfast and I really like them!"

"I stay healthy by exercising at my grandma's house because my grandpa has weights. I also eat salads most nights."

"If I were a farmer, I would grow cabbage, lettuce and carrots because I like cabbage salad with lettuce and thin carrots."

# November

Join Us for Lunch! Contact Matt mhenson@ascension-parish.com



This symbol will represent the harvest of the month.  
This month's harvest is Apples.



Salad bar, milk and fruit side offered daily!  
This month's salad bar protien is chicken and diced ham.



Tuesdays are Taste Challenge Days for the kids to try something new.

We will be practicing Meatless Mondays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Pancakes	2 Chili Foxhollow Beef	3
4	5 Cheese Lasagna	6 Taco Tuesday (Hard & soft) Foxhollow Beef	7 Roasted Pork and Gravy	8 Breakfast (Sausage, Biscuits & Eggs)	9 Turkey Noodle Soup/ Sandwich Bar	10
11	12 Spaghetti with Roast- ed Tomato Sauce	13 Taco Tuesday (Cheesy Chicken-Enchilada Bake)	14 Thanksgiving Feast (RSVP with Susie by 11/9)	15 Baked Potato Bar Foxhollow Beef	16 Potato Soup/ Sandwich Bar	17
18	19	20	21	22	23	24
HAPPY THANKSGIVING						
25	26 Fettuccine with Cheesy Sweet-Pea Alfredo	27 Taco Tuesday (Pot Roast Tacos)	28 Chicken Fingers	29 French Toast Casserole with Berry Sauce	30 Papa Johns	