



FRESH FRUIT
OF THE MONTH
Gala Apples

Daily Breakfast:
All Breakfast items
are \$0.50

Available items are:

Cheez-its

Goldfish

Assorted Cereal
Bowls

Assorted Pop Tarts

Yogurt

Fruit



Lunch with a Loved One
will happen the 6th- 8th.
If you would like to eat lunch
contact Margaret Steurer at
msteurer@ascension-parish.com
by Friday 10/3.

MORE INFO TO COME.

October

Each day students will be able to choose between the **main entree**, **baked potato entree**, **grilled cheese entree** or **large pre-made salad entree**. Each entree includes fruit and vegetables.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 B: French Toast Stick, Bacon L: Ham on Wheat, Broccoli Cheese Soup, Potato Chips, Broccoli	2 B: Biscuit, Sausage L: Chicken Nuggets, Fries, Green Beans, Baked Beans	3 B: Cinnamon Roll, Bacon L: Papa John's Pizza, Mixed Veggies, Side Salad	4
5 BOOK FAIR WEEK	6 B: Pancakes, Bacon L: Lasagna, Side Salad, Garlic Bread, Green Bean	7 PRESCHOOL BREAKFAST B: Sausage Egg Cheese on English Muffin or French Toast, Bacon, Scrambled Eggs L: Cinnamon Rolls, Sausage Links, Scrambled Eggs, Home Fries, Corn	8 B: Biscuit, Sausage L: Walking Tacos, Carrots, Rice, Black Beans	9 Early Dismissal 11:30am B: Cinnamon Roll, Bacon	10 Fall Break No School	11
12	13 Fall Break No School	14 Fall Break No School	15 B: Pancake, Bacon L: Orange Chicken, Fried Rice, Broccoli, Egg Roll	16 B: Cinnamon Roll, Sausage L: Beef and Cheese Burrito, Refried Beans, Corn, Rice	17 B: French Toast, Bacon L: Papa John's Pizza, Mixed Veggies, Side Salad	18
19	20 B: Breakfast Pocket (Egg, Potato, Bacon, and Cheese) L: Dill Chicken Nuggets, Waffle Fries, Peas, Mac N Cheese (Mock Chickfila)	21 B: Cinnamon Roll, Sausage L: Beef Sliders, Tator Tots, Corn on the Cob Toppings: Pickles, American Cheese, Tomato, Lettuce	22 B: Blueberry Cream Cheese Stick, Bacon L: Spaghetti and Meat Sauce (Tomato Sauce Option), Garlic Bread, Green Beans, Side Salad	23 B: French Toast, Sausage L: Nacho Bar (Chicken OR Beef), Black Beans, Corn Toppings: Lettuce, Tomato, Guacamole, Queso Cheese	24 B: Biscuit and Sausage Gravy L: Papa John's Pizza, Mixed Veggies, Side Salad	25
	27 B: Cinnamon Roll, Bacon L: Beef Chili, Spaghetti, Grilled Cheese, Broccoli	28 B: Waffle, Sausage L: Fettuccine Alfredo (Chicken Optional), Carrots, Breadstick, Side Salad	29 B: French Toast, Bacon L: Cripitos, White Rice, Corn, Black Beans	30 B: Pancake, Sausage L: Chicken Tenders, Mac N Cheese, Green Beans, Biscuits	31 B: Cinnamon Roll, Bacon L: Papa John's Pizza, Mixed Veggies, Side Salad	1

Final lunch orders are due to café by 9am each day. If your child will be coming to school after 9am, please contact Margaret at msteurer@ascension-parish.com or Melissa at mpassons@ascension-parish.com to let her know if your child will eat school lunch.