



September 2023

LUNCH MENU

Ascend Academy Charter High School

Daily Beverage Options Are: 1% Milk & Nonfat Chocolate Milk

Menus Are Subject and Are Based on Availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
4 <i>NO SCHOOL</i>	5 WG Beef and Cheese Burrito Brown Rice & Beans Mixed Vegetables Fresh Fruit 100% Fruit Juice	6 WG Chicken Tenders WG Dinner Rolls Mashed Potatoes Mixed Vegetables Fresh Fruit 100% Fruit Juice	7 Teriyaki Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice	8 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
11 Caribbean Beef / Chicken Patties Brown Rice & Black Beans Cut Green Beans Fresh Fruit 100% Fruit Juice	12 WG Baked Chicken Sweet Potato Fries Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice	13 WG Chicken & Waffles Mixed Greens Cut Corn Fresh Fruit 100% Fruit Juice	14 All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice	15 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
18 WG Chicken Patty WG Bun Lettuce & Tomatoes Cut Corn Fresh Fruit 100% Fruit Juice	19 Chicken Fajita Peppers & Onions Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice	20 All Beef Meatballs w/ Sauce WG Hoagie Roll Spinach Fresh Fruit 100% Fruit Juice	21 WG Chicken Tenders Mashed Potatoes Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice	22 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
25 <i>NO SCHOOL</i>	26 Orange Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice	27 Beef & Bean Tacos Shredded Lettuce/Tomatoes Brown Rice Plantains Fresh Fruit 100% Fruit Juice	28 All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice	29 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice

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