



October 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
<p>2</p> <p>WG Chicken Patty WG Bun Lettuce & Tomatoes Spinach Fresh Fruit 100% Fruit Juice</p>	<p>3</p> <p>WG Baked Chicken Mashed Potatoes Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice</p>	<p>4</p> <p>WG Chicken Bites Mixed Greens Brown Rice & Beans Fresh Fruit 100% Fruit Juice</p>	<p>5</p> <p>Chicken Fajita Peppers & Onions Brown Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice</p>	<p>6</p> <p>Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice</p>
<p>9</p> <p>All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice</p>	<p>10</p> <p>WG Beef and Cheese Burrito Brown Rice & Beans Mixed Vegetables Fresh Fruit 100% Fruit Juice</p>	<p>11</p> <p>WG Chicken Tenders WG Dinner Rolls Mashed Potatoes Mixed Vegetables Fresh Fruit 100% Fruit Juice</p>	<p>12</p> <p>Teriyaki Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice</p>	<p>13</p> <p>Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice</p>
<p>16</p> <p>Caribbean Beef / Chicken Patties Brown Rice & Black Beans Cut Green Beans Fresh Fruit 100% Fruit Juice</p>	<p>17</p> <p>WG Baked Chicken Sweet Potato Fries Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice</p>	<p>18</p> <p>WG Chicken & Waffles Mixed Greens Cut Corn Fresh Fruit 100% Fruit Juice</p>	<p>19</p> <p>All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice</p>	<p>20</p> <p>Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice</p>
<p>23</p> <p>WG Chicken Patty WG Bun Lettuce & Tomatoes Cut Corn Fresh Fruit 100% Fruit Juice</p>	<p>24</p> <p><i>NO SCHOOL</i></p>	<p>25</p> <p>All Beef Meatballs w/ Sauce WG Hoagie Roll Spinach Fresh Fruit 100% Fruit Juice</p>	<p>26</p> <p>WG Chicken Tenders Mashed Potatoes Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice</p>	<p>27</p> <p>Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice</p>
<p>30</p> <p>Ground Turkey Fajitas Peppers & Onions Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice</p>	<p>31</p> <p>Orange Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice</p>			

