



February 2024

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 All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice	2 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
5 Caribbean Beef / Chicken Patties Brown Rice & Black Beans Cut Green Beans Fresh Fruit 100% Fruit Juice	6 Popcorn Chicken Macaroni & Cheese Green Beans Fresh Fruit 100% Fruit Juice	7 WG Baked Chicken Sweet Potato Fries Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice	8 All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice	9 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
12 Beef Ravioli w/Meat Sauce Mixed Vegetables Dinner Roll Fresh Fruit 100% Fruit Juice	13 Chicken Fajita Peppers & Onions Brown Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice	14 WG Chicken & Waffles Mixed Greens Cut Corn Fresh Fruit 100% Fruit Juice	15 Chicken Bites Brown Rice & Black Beans Mixed Vegetables Fresh Fruit 100% Fruit Juice	16 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
19 <i>NO SCHOOL</i>	20 Orange Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice	21 WG Chicken Patty WG Bun Lettuce & Tomatoes Spinach Fresh Fruit 100% Fruit Juice	22 WG Beef and Cheese Burrito Brown Rice & Beans Mixed Vegetables Fresh Fruit 100% Fruit Juice	23 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
26 WG Chicken Tenders WG Dinner Rolls Mashed Potatoes Mixed Vegetables Fresh Fruit 100% Fruit Juice	27 Ground Turkey Fajitas Peppers & Onions Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice	28 All Beef Meatballs w/ Sauce WG Hoagie Roll Spinach Fresh Fruit 100% Fruit Juice	29 All Beef Burgers WG Burger Bun Shredded Lettuce & Tomato Mixed Vegetables Fresh Fruit 100% Fruit Juice	