



March 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 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
4 Caribbean Beef / Chicken Patties Brown Rice & Black Beans Cut Green Beans Fresh Fruit 100% Fruit Juice	5 Popcorn Chicken Macaroni & Cheese Green Beans Fresh Fruit 100% Fruit Juice	6 WG Baked Chicken Sweet Potato Fries Mixed Vegetables WG Dinner Roll Fresh Fruit 100% Fruit Juice	7 WG Chicken Bites Mashed Potatoes Steamed Spinach WG Dinner Roll Fresh Fruit 100% Fruit Juice	8 Cheese Pizza Tossed Salad Fresh Fruit 100% Fruit Juice
11 Beef Ravioli w/Meat Sauce Mixed Vegetables Dinner Roll Fresh Fruit 100% Fruit Juice	12 Chicken Fajita Peppers & Onions Brown Rice & Beans WW Tortilla 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 All Beef Meatballs w/ Sauce WG Hoagie Roll Spinach Fresh Fruit 100% Fruit Juice	19 Orange Chicken Brown Rice Mixed Vegetables Vegetable Roll Fresh Fruit 100% Fruit Juice	20 WG Chicken Patty WG Bun Lettuce & Tomatoes Spinach Fresh Fruit 100% Fruit Juice	21 Ground Turkey Fajitas Peppers & Onions Rice & Beans WW Tortilla Fresh Fruit 100% Fruit Juice	22 <i>NO SCHOOL</i>
25 <i>NO SCHOOL</i>	26 <i>NO SCHOOL</i>	27 <i>NO SCHOOL</i>	28 <i>NO SCHOOL</i>	29 <i>NO SCHOOL</i>