



Hot Lunch Menu October 2024

Kaskatinowip̄sim—Freezing Moon



**Ashmont Elementary
Canteen List**

- Lunchables
- Crispers
- Beef Jerky
- Oreos
- Chocolate Milk
- Apple Juice
- Orange Juice
- Cup of Noodles
- Fruit Cups
- Corn Nuts
- Peanuts
- Cheese and Peperoni
- Rice Krispies
- Ritz Crackers
- Bear Paws

**ALL HOT LUNCH MEALS
COST \$5.00**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ham sandwich & soup	2 Pulled pork & bun with coleslaw	3 Perogies, sausage and cabbage	4 Taco salad	5
6	7 Turkey sandwich & soup	8 Pancakes & sausage	9 Chicken burger & veggies	10 Chicken caesar wrap	11	12
13	14	15 Cheeseburg-er & Jell-o	16 Chicken fin-gers & tator tots	17 Roasted chicken din-ner	18 Nachos & cheese with celery	19
20	21 Grilled cheese & soup	22 Chicken alfredo with salad	23 Shepherd's pie	24 Chicken quesadilla	25 Spaghetti with meat sauce and garlic toast	26
27	28 Soup and sandwich	29 Sweet & sour ribs, rice and peas	30 Pizza & sal-ad	31 Chili & a bun		