

Ascension Episcopal School(code:0260): March 2020

As Prepared by The Healthy Lunch Box (281)444-8444

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																			
<p><b>2</b></p> <p>L: Beef Nachos! Beef, Nacho Cheddar Cheese Sauce, Tortilla Chips, Pinto Beans, Diced Tomatoes, Fresh Orange Slices, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Baked Potato, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>3</b></p> <p>L: Chicken Fingers, Mashed Potatoes, Pepper Gravy, Green Beans, Melon, Beverage</p> <p>or Today's Alternate lunches w/Beverage: Beef Hot Dogs, Baked potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>4</b></p> <p>L: Cheesy Rigatoni, Broccoli, Garlic Bread, Fresh Apple Slices, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Grilled Chicken Wrap, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>5</b></p>	<p><b>6</b></p>																																																																																																			
<p><b>9</b></p> <p>L: Chicken Nuggets, Mac &amp; Cheese, Broccoli, Ketchup, Fresh Oranges, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Baked Potato, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>10</b></p> <p>L: Soft Chicken Tacos, Pinto Beans, Mexican Rice, Shredded Cheese, Melons, Beverage</p> <p>or Today's Alternate lunches w/Beverage: Beef Hot Dogs, Baked potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>11</b></p> <p>L: Spaghetti &amp; Meatballs, Spaghetti Sauce, Romaine Salad, Ranch Dressing, Fresh Apple Slices, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Grilled Chicken Wrap, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>12</b></p> <p>L: Oven Fried Chicken Drumsticks, Mashed Potatoes, Pepper Gravy, Green Beans, Dinner Roll, Banana, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Beef Hot Dogs, Baked Potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>13</b></p> <p>L: Beef Hot Dogs, Fresh Baby Carrots &amp; Sliced Cucumbers, Ranch Dressing, Ketchup/Mustard, Cookie, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Baked potato, Grilled Chicken Wrap, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>																																																																																																			
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<p><b>23</b></p> <p>L: Corn Dogs(chicken), Diced Carrots, Cheesy Broccoli Rice, Fresh Oranges, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Baked Potato, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>24</b></p> <p>L: Beef Tacos, Flour Tortilla, Black Beans, Mexican Rice, Shredded Cheese, Oatmeal Cookie, Beverage</p> <p>or Today's Alternate lunches w/Beverage: Beef Hot Dogs, Baked potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>25</b></p> <p>L: Grilled Diced Chicken, Curly Pasta, Creamy Chicken Sauce, Whole Kernel Corn, Fresh Apple Slices, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Grilled Chicken Wrap, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>26</b></p> <p>L: Breakfast for Lunch! French Toast, Syrup, Scrambled Eggs, Turkey Sausage, Banana, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Beef Hot Dogs, Baked Potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>27</b></p> <p>L: Cheese Pizza, Fresh Baby Carrots &amp; Cucumbers, Ranch Dressing, Mandarin Oranges, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Baked potato, Grilled Chicken Wrap, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>																																																																																																			
<p><b>30</b></p> <p>L: Beef Nachos! Beef, Nacho Cheddar Cheese Sauce, Tortilla Chips, Pinto Beans, Diced Tomatoes, Fresh Orange Slices, Beverage</p> <p>or Today's Alternate Lunches w/Beverage: Cheeseburger, Baked Potato, Chicken Nuggets, Turkey &amp; Cheese Hoagie</p>	<p><b>31</b></p> <p>L: Chicken Fingers, Mashed Potatoes, Pepper Gravy, Green Beans, Melon, Beverage</p> <p>or Today's Alternate lunches w/Beverage: Beef Hot Dogs, Baked potato, Chicken Nuggets, Buffalo Nuggets, Turkey &amp; Cheese Hoagie</p>	<table border="1"> <thead> <tr> <th colspan="7">Feb 2020</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td></td> </tr> </tbody> </table>		Feb 2020							M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29		<table border="1"> <thead> <tr> <th colspan="7">Apr 2020</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Apr 2020							M	T	W	T	F	S	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
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