

The Link

**MENU  
CHANGED!!!**



# January 2024 Kisepîsim – Cold



FREE MORNING SNACK AVAILABE DAILY

## Ashmont Elementary

**Vending Machine**  
A variety of snacks.  
\$1-\$4 each

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	2	3	4	5	6
7	8 Grilled cheese & tomato soup	9 Chicken quesadilla with fruit	10 Chili & a bun	11 Chicken burger with veggie sticks	12 Pancake with sausage	13
14	15 Turkey sand- wich with soup/ fruit	16 Ribs, rice & peas	17 Chicken Caesar wrap with a cook- ie	18 Pizza burger with carrot sticks	19 Roasted chicken dinner	20
21	22 Ham sandwich & soup/fruit PREORDER PIZZA DAY	23 Pulled pork on a bun with coleslaw	24 Chicken soup and a sandwich PIZZA FUND- RAISER DAY	25 Chicken fingers with potato wedges & veggies	26 Spaghetti & gar- lic toast	27
28	29 Chicken salad sandwich with soup/fruit	30 Perogies with sausage & cab- bage	31 Nacho's & cheese with celery			