



# March Goose Moon—Niskipîsim



FREE MORNING SNACK AVAILABLE 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 Pepperoni

Rice Krispies

Ritz Crackers

Bear Paws

## Ashmont Elementary

### Canteen List

## ALL HOT LUNCH MEALS

**COST \$5.00**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Grilled cheese with tomato soup or fruit	5 Chicken quesadilla & fruit	6 Chili & a bun	7 Chicken burger with veggie sticks	8 Hot dog	9
10	11 Turkey sandwich and soup or fruit	12 Pancakes with sausage	13 Chicken Caesar wrap with a cookie	14 Spaghetti with meat sauce and garlic toast	15 Roasted chicken dinner	16
17	18 Ham sandwich & soup or fruit	19 Perogies, sausage and cabbage	20 Nachos & cheese with celery sticks	21 Ham and egg with fruit	22 Chicken fingers & potato wedges	23
24	25	26	27	28	29	30