



## Ayikipisim frog moon

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

### Ashmont Elementary Canteen List

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Grilled cheese with tomato soup	3 Hot dog with mac and cheese	4 Chicken burg- er with veggie sticks	5 Chinese food	6
7	8 Ham sand- wich & soup	9 Pancakes and sausage	10 Turkey wrap and a cookie	11 Cheeseburger with Jello	12 Chicken dinner	13
14	15 Turkey sandwich with soup	16 Chicken ques- dilla	17 Chili and a bun	18 Chicken fin- gers & potato wedges	19 	20
21	22 Egg salad sandwich with soup	23 Perogies with sausage & cabbage	24 Nachos & cheese with celery	25 Chicken Cae- sar salad with garlic toast	26 Pizza with sal- ad	27
28	29 Chicken sal- ad sandwich & soup	30 Spaghetti with meat sauce & garlic bread				