



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

ALL HOT LUNCH MEALS

COST \$5.00

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Caesar wrap with a cookie	2 Sweet & sour ribs, rice and peas	3
4	5 Grilled cheese & tomato soup	6 Pancakes & sausage	7 Cheeseburg- er & Jell-o	8 Spaghetti with meat sauce & garlic toast	9 Chicken din- ner	10
11	12 Turkey sandwich with soup	13 Chicken quesadilla with a fruit	14 Chili & a bun	15	16	17
18	19	20 Ham sand- wich & soup	21 Chicken burger with veggie sticks	22 Perogies, sausage & cabbage	23 Shepherds pie	24
25	26 Chicken salad sandwich	27 Pizza with salad	28 Hot dog and macaroni salad	29 Chicken & tator tots	30 Nachos, cheese & celery	