



**Ashmont Elementary
Canteen List**

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 \$6.00**

**Elementary Hot Lunch Menu
October 2025
Kaskatinowip̓isim—Freezing Moon**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Vegetarian quesadilla with short cake	2 Hawaiian burger & tator tots	3 Nachos with dip	4
5	6 Mushroom swiss burger with fries	7 Loaded baked potato with a cookie	8 Perogies & sausage	9 Philly cheese steak with chips & pudding	10	11
12	13	14 Tuna melt with veggie soup & banana bread	15 Roasted chick- en dinner, mashed pota- toes and veg- gies	16 Black bean burger with nacho chips and dip	17 Spaghetti with meat sauce & garlic bread	18
19	20 Pizza burger with wedges	21 Chicken fingers with fries & Jell-o	22 Shepherd's pie with a cookie	23 Grilled cheese with tomato soup & Jell-o	24 Pulled pork on a bun with coleslaw	25
26	27 Chicken club burger with veggie sticks	28 Monte cristo sandwich, pumpkin soup & a cookie	29 Pancake & sausage with fruit cup	30 Italian sand- wich with soup & ice cream	31 Sweet & sour meatballs with rice & green beans	