



COVENANT SCHOOLS DEL NORTE, L.L.C. FEBRUARY 2012 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast			Bagels w/ cream cheese, juice and milk	Cereal, fruit and milk	Egg burritos, juice and milk
AM Snack			Yogurt and goldfish crackers	Fruit and crackers	String cheese and pretzels
Lunch			Cheese pizza, carrot sticks, fruit and milk	Beef noodle casserole, salad, fruit and milk	BBQ Chicken sandwiches, cucumber slices, fruit and milk
PM Snack			Rice krispie treats and milk	Trail mix and juice	Veggie sticks w/ dip and crackers
Week 2	6	7	8	9	10
Breakfast	Waffles w/ syrup, juice and milk	Cereal, fruit and milk	Egg burritos, juice and milk	Hot cereal, fruit and milk	Bagels w/ cream cheese, juice and milk
AM Snack	Apples and goldfish crackers	Yogurt and grahams	Cheese and town house crackers	Cinnamon toast and milk	Fruit and crackers
Lunch	Taco salad, w/ pinto beans, fruit, tortillas and milk	Chicken w/oriental vegetables, pineapple, rice and milk	Ham sandwiches, tater tots, fruit and milk	Spaghetti w/ meat sauce, salad, fruit and milk	Cheese quesadillas, cucumber slices, fruit and milk
PM Snack	Bananas and snack crackers	Veggie sticks w/ dip and pretzels	Oranges and saltines	Trail mix and juice	Cookies and milk
Week 3	13	14	15	16	17
Breakfast	Pancakes w/ syrup, juice and milk	Hot cereal, fruit and milk	Bagels w/ cream cheese, juice and milk	Cereal, fruit and milk	Egg burritos, juice and milk
AM Snack	String cheese and apples	Fruit and crackers	Yogurt and grahams	Cinnamon biscuits and juice	Fruit and crackers
Lunch	Chicken rice and broccoli casserole, green beans, fruit and milk	Frito pie, salad, pears and milk	Tomato soup, turkey sandwiches, fruit and milk	Hamburgers, salad, fruit and milk	Beef a roni, corn, fruit and milk
PM Snack	Veggie sticks w/ dip and crackers	Trail mix and juice	Tortillas w/ jelly and milk	Fruit and crackers	Cookies and milk
Week 4	20	21	22	23	24
Breakfast	CLOSED	Egg burritos, juice and milk	Hot cereal, fruit and milk	Pancakes w/ syrup, juice and milk	Cereal, fruit and milk
AM Snack	FOR	Cheese and crackers	Fruit and crackers	Yogurt and goldfish crackers	Cinnamon toast and juice
Lunch	PRESIDENT'S	Fish fillets, green beans, fruit, bread and milk	Spanish rice w/ beef, corn, fruit and milk	Macaroni and cheese, salad, fruit and milk	Chicken noodle soup w/ vegetables, fruit, crackers and milk
PM Snack	DAY!!!	Rice krispie treats and milk	Trail mix and juice	Veggie sticks w/ dip and saltines	Tortillas w/ jelly and milk
Week 5	27	28	29		
Breakfast	Hot cereal, juice and milk	Waffles w/ syrup, fruit and milk	Bagels w/ cream cheese, juice and milk		
AM Snack	Fruit and crackers	Cheese and crackers	Yogurt and snack crackers		
Lunch	Potato soup w/ cheese, biscuits, fruit and milk	Tuna sandwiches, tater tots, fruit and milk	Chili beans, salad, fruit, cornbread and milk		
PM Snack	Pudding and vanilla wafers	Trail mix and juice	Fruit and crackers		