

COVENANT SCHOOLS DEL NORTE, L.L.C.

September 2010 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast			Hot cereal, fruit and milk	Egg burritos, juice and milk	Bagels w/ cream cheese, juice, milk
AM Snack			Yogurt and goldfish crackers	Apples and grahams	String cheese and pretzels
Lunch			Turkey sandwiches, tomato soup, fruit and milk	Frito pie, salad, fruit and milk	Mini corn dogs, carrot sticks, fruit and milk
PM Snack			Fruit and crackers	Trail mix and juice	Pudding and vanilla wafers
Week 2	6	7	8	9	10
Breakfast	CLOSED	Waffles w/ syrup, fruit and milk	Cereal, fruit and milk	Biscuits w/ jelly, juice and milk	Hot cereal, fruit and milk
AM Snack	FOR	Yogurt and goldfish crackers	Fruit and crackers	Cheese and crackers	Fruit and crackers
Lunch	LABOR	Tuna sandwiches, tater tots, fruit and milk	Spaghetti w/ meat sauce, salad, fruit and milk	BBQ Chicken sandwiches, carrot sticks, fruit and milk	Bean burritos, salad, fruit and milk
PM Snack	DAY!	Cookies and milk	Veggie sticks w/ dip and crackers	Tortillas w/ jelly and milk	Trail mix and juice
Week 3	13	14	15	16	17
Breakfast	Cheese toast, 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	Yogurt and snack crackers	Apples and cheese	Bananas and grahams	Oranges and saltines	Cream cheese and crackers
Lunch	Fish fillets, green beans, fruit, bread, and milk	Crispy chicken, salad, fruit, crackers and milk	Beef noodle casserole, corn, fruit and milk	Potato soup w/ cheese, biscuits, fruit and milk	Hamburgers w/ lettuce, tomato, fruit and milk
PM Snack	Fruit and crackers	Muffins and milk	Trail mix and juice	Veggie sticks w/ dip and pretzels	Cookies and milk
Week 4	20	21	22	23	24
Breakfast	Bagels w/ cream cheese, juice and milk	Cereal, fruit and milk	Hot cereal, fruit and milk	Biscuits w/ jelly, juice and milk	Pancakes w/ syrup, fruit and milk
AM Snack	Oranges and saltines	Bananas and grahams	Cinnamon toast and juice	Yogurt and goldfish crackers	Fruit and crackers
Lunch	Chicken w/ oriental veggies, rice, pineapple and milk	Taco salad, fruit, tortillas, and milk	Macaroni and cheese, green beans, fruit and milk	Chili beans, salad, fruit, cornbread and milk	Grilled cheese, carrot sticks, fruit and milk
PM Snack	Cheese and pretzels	Applesauce and snack crackers	Veggie sticks w/ dip and crackers	Trail mix and juice	Tortillas w/ jelly, juice and milk
Week 5	27	28	29	30	
Breakfast	Cereal, fruit and cheese	Egg burritos, juice and milk	Waffles w/ syrup, juice and milk	Hot cereal, fruit and milk	
AM Snack	Apples and cheese	Yogurt and pretzels	Applesauce and grahams	String cheese and apples	
Lunch	Green chili chicken stew, tortillas, fruit and milk	Cheese pizza, cucumbers, fruit and milk	Sloppy Joes w/ tater tots, fruit and milk	Chicken rice and broccoli casserole, green beans, fruit and milk	
PM Snack	Cookies and milk	Fruit and crackers	Trail mix and juice	Veggie sticks w/ dip and goldfish crackers	