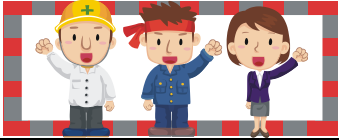




COVENANT SCHOOLS DEL NORTE

September Menu 2014



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
Breakfast	Closed for	Cereal, Fruit & Milk	Egg Burritos, Fruit & Milk	French Toast, Juice & Milk	Hot Cereal, Fruit & Milk
AM Snack	LABOR	Tortillas w/ Jelly & Milk	Fruit & Crackers	Cheese & Crackers	Yogurt & Grahams
Lunch		Chicken & Rice Casserole, Green Beans, Fruit & Milk	Chili Beans, Corn Bread, Fruit & Milk	Chef Salad, Crackers, Fruit & Milk	Tomato Soup, Cheese Sandwich, Fruit & Milk
PM Snack	Day!	Fruit & Crackers	Trail Mix & Juice	Muffins & Milk	Fruit & Crackers
Week 2	8	9	10	11	12
Breakfast	Cereal, Juice & Milk	Waffles, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Egg Burritos, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk
AM Snack	Fruit & Crackers	Cheese Toast & Juice	Grahams & Milk	Yogurt & Crackers	String Cheese & Pretzels
Lunch	Frito Pie, Salad, Fruit & Milk	Spaghetti, Salad, Fruit & Milk	Mini Corn Dogs, Carrot Sticks w/ Ranch & Milk	Macaroni-N~Cheese, Green Beans, Fruit & Milk	Ham Sandwiches, Tatar Tots, Fruit & Milk
PM Snack	Cookies & Milk	Fruit & Saltines	WOW Butter w/ Apples & Crackers	Trail Mix & Juice	Animal Crackers & Milk
Week 3	15	16	17	18	19
Breakfast	Egg Burritos, Juice & Milk	Cereal, Fruit & Milk	Pancakes, Fruit & Milk	Hot Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
AM Snack	Yogurt & Grahams	Fruit & Crackers	Oranges & Saltines	Goldfish & Juice	Cheese & Pretzels
Lunch	Hamburgers, Lettuce, Tomato, Fruit & Milk	Bean Burritos, Salad, Fruit & Milk	Spanish Rice, Corn, Fruit & Milk	Quesadillas, Cucumbers, Fruit & Milk	Chicken Nuggets, Veggie Sticks, Fruit & Milk
PM Snack	Cookies & Milk	Apples & Crackers	Trail Mix & Juice	Tortillas w/ Jelly & Milk	Fruit & Crackers
Week 4	22	23	24	25	26
Breakfast	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	French Toast, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Hot Cereal, Fruit & Milk
AM Snack	Grahams & Milk	Yogurt & Goldfish	String Cheese & Crackers	Fruit & Crackers	WOW Butter & Crackers
Lunch	Chili Cheese Tatar Tot Casserole, Corn, Fruit & Milk	BBQ Chicken Sandwiches, Salad, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk	Cheese Pizza, Veggie Sticks, Fruit & Milk
PM Snack	Oranges & Saltines	Fruit & Crackers	Trail Mix & Juice	Vanilla Wafers & Milk	Goldfish & Juice
Week 5	29	30			
Breakfast	Waffles, Fruit & Milk	Bagels w/Cream Cheese, Juice & Milk			
AM Snack	Fruit & Crackers	Cheese & Crackers			
Lunch	Meatballs, Rice & Gravy, Fruit, Salad & Milk	Tuna Sandwiches, Tatar Tots, Fruit & Milk			
PM Snack	Tortillas w/ Jelly & Milk	WOW Butter w/ Apples & Crackers			