



COVENANT SCHOOLS DEL NORTE AUGUST MENU 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		French Toast & Milk	Cinnamon Raisin Toast & Milk	Cereal, Fruit & Milk	Oatmeal & Milk
AM Snack		Oranges & Crackers	String Cheese & Crackers	Yogurt & Pretzels	Bananas & Saltines
Lunch		Chicken & Black Bean Casserole, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Mexican Pasta, Corn, Fruit & Milk	Tuna Sandwiches, Tater Tots, Fruit & Milk
PM Snack		Cucumbers & Ranch33	Ice Cream Sandwiches	Cantaloupe & Ritz	Lemonade & Cheez Its
Week 2	7	8	9	10	11
Breakfast	Cheese Toast & Milk	Waffles & Milk	Yogurt & Milk	Cereal & Milk	Pancakes & Milk
AM Snack	Strawberries & Grahams	Dried Apples	Pepperoni & String Cheese	Fruit Cocktail & Crackers	Bunny Grahams
Lunch	Ravioli, Green Beans, Fruit & Milk	Red Chile Enchiladas, Corn, Fruit & Milk	Pasta Salad, Crackers, Fruit & Milk	Tater Tot Casserole, Veggies, Fruit & Milk	Corn Dogs, Broccoli, Fruit & Milk
PM Snack	Smiley Fries & Ketchup	Bananas & Pretzels	Mandarin Oranges & Crackers	Snap Peas & Ranch	Cheese Squares & Ritz
Week 3	14	15	16	17	18
Breakfast	Breakfast Burritos & Milk	French Toast & Milk	Oatmeal & Milk	Yogurt w/ Granola & Milk	Cereal, Bananas & Milk
AM Snack	Yogurt & Cheerios	Hummus & Pitas	Peaches & Saltines	Fig Newtons	Pears & Crackers
Lunch	Cheese Pizza, Salad, Fruit & Milk	Penne Pasta, Rolls, Fruit & Milk	Ham Sandwiches, Fruit & Milk	Sloppy Joes, Tater Tots Fruit & Milk	Chicken Salad, Croissants, Fruit & Milk
PM Snack	Lemonade & Animal Crackers	Chex mix	Strawberries & Grahams	Pudding & Bananas	Carrots & Hummus
Week 4	21	22	23	24	25
Breakfast	Pancakes & Milk	Cinnamon Toast & Milk	Biscuits w/ Jelly & Milk	Waffles & Milk	Hashbrowns & Milk
AM Snack	Tortilla & Jelly	Oranges & Pretzels	Ham & Crackers	Goldfish & Juice	Blueberry Muffins & Milk
Lunch	Chef Salad, Breadsticks, Fruit & Milk	Chili, Cornbread, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Quesadillas, Carrots, Fruit & Milk	Chicken Noodle Soup, Saltines, Fruit & Milk
PM Snack	Applesauce & Saltines	Celery & Ranch	Tortilla & Cheese	Ritz & Pineapple	Teddy Grahams
Week 5	28	29	30	31	
Breakfast	Breakfast Burrito & Milk	Tortilla w/ Sausage & Milk	Pancakes & Milk	Cereal, Fruit & Milk	Highlighted Items
AM Snack	Olives & Cheese	Pineapple & Goldfish	String Cheese & Pretzels	Apples & TH Crackers	Are In
Lunch	Chicken Nuggets, Carrots. Fruit & Milk	Fish Fillets, Green Beans, Fruit & Milk	Red Beans & Rice, Fruit & Milk	Green Chile Stew, Tortillas, Fruit & Milk	Celebration Of
PM Snack	Cereal Bars	Trailmix	Oranges & Grahams	Cinnamon Rolls	National Days