



COVENANT SCHOOLS DEL NORTE

September Menu 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					1
Breakfast	Highlighted				Cereal, Fruit & Milk
AM Snack	Items Represent				Yogurt & Grahams
Lunch	National Days				Tater Tot Casserole, Fruit & Milk
PM Snack					Pepperoni & String Cheese
Week 2	4	5	6	7	8
Breakfast	Closed	Biscuits w/ Jelly & Milk	Pancakes & Milk	Yogurt w/ Granola & Milk	Hashbrowns & Milk
AM Snack	for	Ham & Crackers	Hummus & Crackers	Tortilla & Cheese	Sweet Potato Fries & Ketchup
Lunch	Labor	Tomato Soup, Grilled Cheese, Fruit & Milk	Chicken Enchiladas, Rice, Fruit & Milk	Pasta Salad w/ Olives, Crackers, Fruit & Milk	Ravioli, Breadsticks, Fruit & Milk
PM Snack	Day!	Trailmix & Lemonade	Bananas & Grahams	Oranges & Saltines	Pineapple & Pretzels
Week 3	11	12	13	14	15
Breakfast	Cereal & Milk	Toast w/ Jelly & Milk	Waffles & Milk	Cinnamon Raisin Toast & Milk	Oatmeal, Fruit & Milk
AM Snack	Yogurt & Pretzels	Sunflower Cereal Bars	String Cheese & Strawberries	Pretzels & Juice	Dried Apples
Lunch	Hawaiian Roll Sandwiches, Chips, Fruit & Milk	Chili, Biscuits, Fruit & Milk	Taco Casserole, Fruit & Milk	Spaghetti, Peas, Fruit & Milk	Sunflower Butter Sandwiches, Veggie Straws, Fruit & Milk
PM Snack	Nutria-grain Bars	Animal Crackers & Apples	Celery & Hummus	Cheerios & Peaches	Cheese Squares & Ritz
Week 4	18	19	20	21	22
Breakfast	French Toast Sticks & Milk	Tortilla w/ Sausage & Milk	Yogurt & Milk	Pancakes & Milk	Cheese Toast & Milk
AM Snack	Strawberries & Ritz	Peaches & Pretzels	Fig Newtons	Oranges & Crackers	Applesauce & Grahams
Lunch	Pesto Tortellini, Breadsticks, Fruit & Milk	Fish Sticks, Green Beans, Fruit & Milk	Chicken Patties, Mashed Potatoes, Fruit & Milk	Mac n Cheese, Mixed Veggies, Fruit & Milk	Minestrone, Biscuits, Fruit & Milk
PM Snack	Mandarin Oranges & Saltines	Veggie Straws	String Cheese & Apples	Goldfish & Pears	Cucumbers & Ranch
Week 5	25	26	27	28	29
Breakfast	Cereal & Milk	Pancakes & Milk	Waffles & Milk	Cream of wheat & Milk	Cereal, Fruit & Milk
AM Snack	Yogurt & Fruit	Hummus & Pitas	Tortilla & Cheese	Townhouse Crackers & Oranges	Bunny Grahams
Lunch	Green Chile Stew, Tortilla, Fruit & Milk	Chicken Nuggets, Carrots, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk	Turkey Sandwiches, Tater Tots, Fruit & Milk
PM Snack	Cookies & Milk	Trail mix	Rice Cakes	ChexMix	Wheat Thins & Bananas