



COVENANT SCHOOLS DEL NORTE

September Menu 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		French Toast Sticks w/ Syrup, Fruit & Milk	Egg Sausage & Cheese Burritos, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cereal, Juice & Milk
AM Snack		Yogurt & Grahams	Fruit & Crackers	Goldfish & Juice	String Cheese & Crackers
Lunch		Tomato Soup, Cheese Sandwiches, Fruit & Milk	Chicken & Rice Casserole, Salad , Fruit & Milk	Chili Beans, Corn Bread, Veggie Sticks, Fruit & Milk	Chef Salad, Cracker, Fruit & Milk
PM Snack		Veggies w/ Dip & Crackers	Muffins & Milk	Fruit & Crackers	Tortillas w/ Jelly & Milk
Week 2	7	8	9	10	11
Breakfast	Closed	Waffles w/ Syrup, Fruit & Milk	Cereal, Juice & Milk	Egg Sausage & Cheese Burritos, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
AM Snack	For	Goldfish & Juice	Fruit & Crackers	Yogurt & Grahams	Cheese & Crackers
Lunch	Labor	Chicken Pasta Salad, Crackers, Fruit & Milk	Cheese Pizza, Cucumbers w/ Dip, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Ham Sandwiches, Tatar Tots, Fruit & Milk
PM Snack	Day!!!	Fruit & Crackers	Veggies w/ Dip & Crackers	Tortillas & Cheese	Cookies & Milk
Week 3	14	15	16	17	18
Breakfast	Cream of Wheat, Juice & Milk	Pancakes w/ Syrup, Fruit & Milk	Cereal, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Egg Sausage & Cheese Burritos, Juice & Milk
AM Snack	Yogurt & Crackers	Cinnamon Biscuits & Milk	Fruit & Crackers	Grahams & Milk	Pretzels & String Cheese
Lunch	Bean & Cheese Burritos, Salad, Fruit & Milk	Meatballs w/ Gravy & Rice, Green Beans, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Chicken Nuggets, Veggies Sticks w/ Dip Fruit & Milk	Tuna Sandwiches, Tater Tots, Fruit & Milk
PM Snack	Muffins & Milk	Veggies w/ Dip & Crackers	Cookies & Milk	Tortillas w/ Jelly and Milk	Fruit w/ WOW Butter
Week 4	21	22	23	24	25
Breakfast	French Toast Sticks w/ Syrup, Juice & milk	Cereal, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk	Egg Sausage & Cheese Burrito, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
AM Snack	Grahams & Milk	Cheese Toast & Juice	Yogurt & Crackers	Biscuits w/ Jelly & Milk	Muffins & Milk
Lunch	South West Chicken Salad, Tortillas, Fruit & Milk	Sloppy Joes, Veggie Sticks, Fruit & Milk	Turkey Sandwiches, Tater Tots, Fruit & Milk	Macaroni ~n~ Cheese, Green Beans, Fruit & Milk	Frito Pie, Salad w/ Dressings, Fruit & Milk
PM Snack	Pudding & Vanilla Wafers	WOW Butter w/ Fruit	Fruit & Crackers	Veggies w/ Dip & Crackers	Trial Mix & Juice
Week 5	28	29	30		
Breakfast	Waffles w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Cereal, Juice & Milk		
AM Snack	Cinnamon Biscuits & Milk	Fruit & Pretzels	Fruit & Crackers		
Lunch	Quesadillas, Salad w/ Dressing, Fruit & Milk	BBQ Chicken, Tater Tots, Fruit & Milk	Ham & Cheese Roll Ups, Veggies w/ Dip, Fruit & Milk		
PM Snack	Fruit & Crackers	Tortillas w/ Jelly & Milk	Trail Mix & Juice		

