



**COVENANT SCHOOLS DEL NORTE**  
**SEPTEMBER MENU 2016**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				<b>1</b>	<b>2</b>
<b>Breakfast</b>		ITEMS IN PURPLE & HIGHLIGHTED ARE IN CELEBRATION OF NATIONAL DAY!!		Cereal, Juice & Milk	French Toast Sticks w/ syrup, Fruit and Milk
<b>AM Snack</b>				String Cheese & Goldfish	Applesauce & Wheat Thins
<b>Lunch</b>				Chicken Patties, Mashed Potatoes w/ Gravy, Oranges, & Milk	Tomato Soup, Grilled Cheese, Fruit & Juice
<b>PM Snack</b>				Cookies & Milk	Bananas & Vanilla Pudding
<b>Week 2</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Breakfast</b>	CLOSED	English Muffin w/ Juice & Milk	Bagels w/ Cream Cheese, Grapes, & Milk	Egg Burritos, Juice, & Milk	Cream of Wheat Strawberries & Milk
<b>AM Snack</b>	FOR	Animal Crackers, & Milk	Cinnamon Toast, & Applesauce	Grapes, & Crackers	String Cheese, & Pretzels
<b>Lunch</b>	LABOR	Chicken Noodle Soup w/ Veggies, Saltines, Peaches & Milk	Hamburgers, Lettuce, Pickles, Chips, Oranges, & Milk	Ham and Cheese Sandwich, Tater Tots, Apples, & Milk	Cheese Pizza, Celery Sticks, Grapes & Milk
<b>PM Snack</b>	Day!!!	Carrot Sticks w/dip, & TH Crackers	Trail Mix & Juice	Jell-Ow/ Fruit Cocktail	Cookies & Milk
<b>Week 3</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Breakfast</b>	French Toast Sticks w/ Syrup, Apple Juice & Milk	Biscuits w/ Jelly & Juice	Blueberry Oatmeal & Milk	Cheese Toast, Apples & Milk	Cereal, Bananas & Milk
<b>AM Snack</b>	Yogurt & Goldfish	Saltines & Oranges	Cheese & Crackers	Crackers w/ WOW butter	Bagel w/ Raspberry Cream Cheese
<b>Lunch</b>	Chili Mac, Salad w/ dressing, Pineapple & Milk	Chicken Nuggets, Corn, Fruit, & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Corn Dogs, Mixed Fruit, Carrot Sticks, & Milk	Taco Salad, Tortillas, Fruit, & Milk
<b>PM Snack</b>	Muffins & Milk	Ants on a Log & Milk	Graham Cracker & Fruit	Tortillas & Jelly	Juice & Animal Crackers
<b>Week 4</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Breakfast</b>	Toast w/ Jelly, Juice & Milk	Strawberry Oatmeal, & Milk	Pancakes w/ Syrup, Fruit & Milk	Biscuits & Gravy, Oranges, & Milk	Hot Cereal, Fruit, & Milk
<b>AM Snack</b>	String Cheese & Apples	Yogurt & Blueberries	Goldfish & Juice	Apples & WOW Butter	Cinnamon Toast & Fruit
<b>Lunch</b>	Chili Beans, Cornbread, Fruit & Milk	Sloppy Joes, Veggie, Fruit Tater Tots, and Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Fish Filets, Green Beans, Fruit & Milk	Turkey & Cheese Roll Ups, Chips, Oranges, & Milk
<b>PM Snack</b>	Pudding and Vanilla Wafers	Cherry Jell-O & G. Cracker	Veggie Sticks & Dip	Corn Chips & Salsa	Cheese & Tortillas
<b>Week 5</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Breakfast</b>	Pancakes, Fruit, & Milk	Waffles, Fruit, & Milk	Breakfast Casserole, Oranges, & Milk	Bagels, w/ Jelly, Juice, & Milk	Cream of Wheat, Oranges, & Milk
<b>AM Snack</b>	Oranges & Pretzels	Bananas & Chocolate Milk	Yogurt & Peaches	Wow Butter & Tortillas	Fruit and Crackers
<b>Lunch</b>	Chicken Parmesan, Green Beans, Fruit, & Milk	Baked Ziti, Salad w/ dressing, Fruit, and Milk	Chef Salad, Crackers, Fruit and Milk	Oriental Veggies & Chicken w/ Rice, Fruit, & Milk	Tater Tot Casserole w/ Veggies, Peaches & Milk
<b>PM Snack</b>	Cheese Its & Juice	Cookies & Milk	Trail Mix & Fruit	Banana Bread & Milk	Veggie Sticks & Dip