



COVENANT SCHOOLS DEL NORTE, L.L.C.



October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		Egg and cheese biscuit Oranges and milk	Cereal Peaches and milk	Hash browns Apples and milk	Cinnamon roll Bananas and milk
AM Snack		Goldfish and juice	Saltines and cheese squares	Veggies and ranch	Cheese its
Lunch		Chef salad and fruit milk	Quinoa vegetables stew Fruit and garlic bread, milk	Chicken Pattie sandwich Peaches and peas ,milk	Sloppy joes Apple sauce & broccoli, milk
PM Snack		Animal crackers and fruit	Trail mix	Cereal Bars w/ Dried fruit	Pretzels & Grape juice
Week 2	7	8	9	10	11
Breakfast	French toast Strawberry milk	Yogurt parfait Milk	English muffin, sausage Bananas and milk	Breakfast burrito Juice	
AM Snack	Animal Cracker and juice	Pretzels and cheese	String cheese and apple	Watermelon and goldfish	CLOSED
Lunch	Veggie egg noodle casserole & mixed berries, milk	Tuna sandwich Cucumber and pineapple, milk	Chicken nuggets, Tater tots & mandarin oranges, milk	Quesadilla, , Refried beans and fruit ,milk	FALL BREAK
PM Snack	Coconut smoothie	Sweet pepper and ranch	Brownies and milk	Triscuits and cream cheese	
Week 3	14	15	16	17	18
Breakfast	Biscuits and gravy Juice	Pancakes blueberries Milk	Ham and cheese egg bits and oranges, milk	Blueberry bread and milk	Bagel and cream cheese Strawberry milk
AM Snack	Fruit salad	Cottage cheese Peaches	Graham crackers And vanilla pudding	Tortilla roll up	Apple with Carmel
Lunch	Broccoli cheese soup Cantaloupe, milk	Chicken rice soup and fruit, milk	Lettuce wraps and fruit, milk	Pasta day, garlic bread and fruit, milk	Turkey and cheddar sandwich, milk
PM Snack	Sweet pepper poppers	Ants on a log	Mozzarella sticks	Upside down pineapple cake	Granola bars
Week 4	21	22	23	24	25
Breakfast	Cereal fruit and milk	Croissant jelly and milk	English muffin and milk	Yogurt parfait and milk	
AM Snack	Cucumber and wheat thins	Soft pretzels with cheese	String cheese and strawberries	Cinnamon toast and oranges	CLOSED
Lunch	Veggie nachos Apples and milk	BLT oranges and milk	Chicken wings with celery and carrots, milk	Veggie lasagna Bread and fruit, milk	IN SERVICE DAY
PM Snack	Vanilla wafers and milk	Apple sauce and goldfish	Veggie sticks with ranch	Rice crispy treats and milk	
Week 5	28	29	30	31	
Breakfast	Wow butter toast and juice	Strawberry oatmeal and milk	Sausage and tortilla, milk	Pumpkin muffin and milk	
AM Snack	Yogurt and graham crackers	Banana and wow butter	Banana bread	Veggie sticks with ranch	Highlighted foods are national food holidays
Lunch	Veggie fried rice and egg rolls, milk	Bean and cheese burrito with salad, milk	Tilapia and rice with mango salsa , milk	Cheese pizza, milk	
PM Snack	String cheese and goldfish	Rice cakes and juice	Oatmeal raisin cookie	Trail mix	