



COVENANT SCHOOLS DEL NORTE

November 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					1
Breakfast					Breakfast Burritos and Juice
AM Snack					Tortilla and Jelly
Lunch					Ham Sandwiches, Pineapple, Broccoli, and Milk
PM Snack					Bagels and Cream Cheese
Week 2	4	5	6	7	8
Breakfast	Hash Browns and Juice	Pancakes and Milk	Cereal, Fruit, and Milk	Bagels, Cream Cheese, and Milk	Oatmeal with Honey and Milk
AM Snack	Apples & Cookie Spread	Pretzels and Cheese	Smoothies	Baked Apples	Trail Mix and Juice
Lunch	Alfredo Pasta, Fruit, Green Beans, and Milk	Stew, Cornbread, Fruit, and Milk	Ham & Potato Casserole, Fruit, and milk	Taco Salad, Garlic Bread, Fruit, and Milk	Chicken Noodle Soup, Crackers, Fruit, and Milk
PM Snack	Rice Cakes	Granola Bars	Chips and Salsa	Veggie Straws	Sweet Potato Chips
Week 3	11	12	13	14	15
Breakfast	Oven Berry Oats and Milk	Egg Quesadilla and Milk	French Toast Sticks and Milk	Biscuit Sausage and Milk	Cinnamon Rolls, Bananas and Milk
AM Snack	Graham Crackers and Strawberries	Mozzarella Sticks	Cheerios and Yogurt	Corn Bread and Milk	String Cheese
Lunch	Mac-n-Cheese, Peas, and Milk	Tuna Casserole, Mixed Veggies, Oranges, and Milk	Chicken Nuggets, Tater Tots, Peaches, and Milk	Meatloaf, Mashed Potatoes with Gravy, and Milk	Cowboy Casserole, Fruit, and Milk
PM Snack	Banana Chips	Green Peppers and Ranch	Triscuit and Cucumbers	Pickles and Crackers	Ants on a Log
Week 4	18	19	20	21	22
Breakfast	Veggie Breakfast casserole and milk	Scrambled Eggs, Fruit, and Milk	Sheet Pancake and Strawberry Milk	Cereal, Fruit, and Milk	Plum and Quinoa Muffins, and Milk
AM Snack	Goldfish and Juice	Bananas and Wow Butter	Carrots and Snap Peas	Peaches and Yogurt	Turkey roll-ups
Lunch	Butternut Risotto, Mandarin Oranges, and Milk	Turkey with Gravy, Potatoes, Green Beans, and Milk	Sliced Chicken Breast, Quinoa, Pears, and Milk	Ham and Cheese, with Carrots, Crackers and Milk	Veggie Stew, Bread, Oranges, and Milk
PM Snack	Apple Cider and Crackers	Wheat Thins and Cheese	Chex Mix	Cereal Bars	Animal Crackers and Milk
Week 5	25	26	27	28	29
Breakfast	Yogurt Parfait	Quinoa Pancakes, Fruit, and Milk	Cereal, Fruit, and Milk	CLOSED	CLOSED
AM Snack	French Toast Sticks	Trail Mix	Graham Crackers and Wow Butter	FOR	FOR
Lunch	Lentil Soup, Corn Bread, Apples, and Milk	Hot Ham and Cheese, Fruit and Milk	Quesadilla, Veggies, Fruit, and Milk	THANKSGIVING	THANKSGIVING
PM Snack	Carrots and Hummus	Crackers and Fruit	Crackers	BREAK!!!	BREAK!!