



COVENANT SCHOOLS DEL NORTE

December 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Bagels with cream cheese Milk	Cinnamon toast Fruit and milk	Cereal and milk with bananas	Breakfast burritos and juice, milk	Waffles and milk
AM Snack	Pretzels and apple sauce	Vanilla yogurt and Pineapple	Peaches and Teddy Grahams	Goldfish and Bananas	Applesauce muffins
Lunch	Potato Soup and milk	Turkey Pot pie and fruit and milk	Lasagna and salad with milk	Chicken Teriyaki, rice and pineapple with milk	Chicken Patty sandwiches, salad & milk
PM Snack	Pita chips, Cheddar	Rice Krispy treats and milk	Cookies and Milk	Strawberry Cheerios & milk	Pretzels and Apple Butter
Week 2	9	10	11	12	13
Breakfast	Cinnamon Raisin bread and milk	Cereal with blueberries and milk	Strawberries and oatmeal with milk	English Muffins with jelly, milk	Blueberry Bread with milk
AM Snack	Mozzarella Sticks	String cheese & crackers	Bagels and Cream cheese	Apples & cheddar squares	Veggies and Ranch
Lunch	Bean and cheese burrito with fruit. Milk	Pancakes and sausage with strawberries and milk	Baked ziti and green beans with milk	Broccoli cheddar soup fruit, crackers and milk	BBQ Chicken breast, Rolls, Pineapple and milk
PM Snack	Trail Mix	Fruit Leather	Energy Bites	Veggie Straws	Cucumber& Creamcheese
Week 3	16	17	18	19	20
Breakfast	Waffles and milk	Breakfast Burrito and milk	Cereal with milk and fruit	Veggie Breakfast pizza and milk	Scrambled eggs, fruit & milk
AM Snack	Apples and Wow Butter	Animal Crackers	Chex mix	Carrots and ranch	Rolls with honey& butter
Lunch	White Bean Chili, tortillas with fruit and milk	Loaded baked potatoes, fruit and milk	Chicken Fajitas, Black beans and fruit with milk	Egg Salad Sandwich, fruit and milk	Chicken Wrap and fruit with milk
PM Snack	Chocolate covered pretzels	Snap Pea crisps	String cheese & Crackers	Oatmeal muffins	Dirt pudding
Week 4	23	24	25	26	27
Breakfast	French Toast sticks & milk	Cereal with milk and fruit	CLOSED	CLOSED	Cereal with milk and fruit
AM Snack	Pretzels & juice	Eggnog and Grahams	FOR	FOR	Crackers and fruit
Lunch	Cheese pizza, green beans and milk	Chicken Nuggets, mixed veggies and milk	CHRISTMAS	CHRISTMAS	Quesadilla with black beans and milk
PM Snack	Goldfish	Fruit			Yogurt
Week 5	30	31			
Breakfast	Oatmeal with fruit & milk	Hash Brown Casserole and Milk			
AM Snack	Fruit and cheese	French toast sticks			
Lunch	Veggie Noodle soup, Crackers, fruit and milk	Swedish Meatballs with mashed potatoes, green beans and milk			
PM Snack	Bagels and cream cheese	Crackers and fruit			