



COVENANT SCHOOLS DEL NORTE

July 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast	Highlighted		Breakfast Burritos & Milk	Hash Browns & Milk	Closed
AM Snack	Days Are		Ginger Snaps & Milk	Corn Bread & Milk	For
Lunch	National Days!		Baked Pasta, Green Beans, & Milk	Brocoli Cheese Rice Casserole, Fruit, & Milk	Independence
PM Snack			Pepperoni & String Cheese	Granola Bars	Day!
Week 2	6	7	8	9	10
Breakfast	Bagels, Cream Cheese, & Milk	Ham & Cheese Egg Bites Milk	Toast, Jelly, & Milk	Oatmeal & Milk	Cereal, Fruit, & Milk
AM Snack	Berries & Cream	Avocado Toast	Watermelon & Grahams	Cantaloupe & Juice	Fruit Salad
Lunch	Bean & Cheese Nachos, Fruit, & Milk	Mac & Cheese, Peas, & Milk	Fried Rice, Egg Rolls, & Milk	Chicken Patties, Mashed Potatoes, Gravy, & Milk	Burritos, Spanish Rice & Milk
PM Snack	Carrots & Ranch	Animal Crackers & Milk	Guacamole & Chips	Bananas & Wow Butter	Triscuts & Cheese
Week 3	13	14	15	16	17
Breakfast	Biscuit, Jelly, & Milk	Cream Of Wheat & Milk	Sausage, Tortilla, & Milk	Pancakes, Fruit, & Milk	Yogurt, Fruit, & Milk
AM Snack	Smiley Face Fries	Corn Bread With Jelly & Milk	Watermelon & Goldfish	Wheat Thins & Cream Cheese	Apples & Cheese
Lunch	Enchiladas, Fruit, Broccoli, & Milk	Baked Chicken, Mixed Veggies, & Milk	Meatballs, Mashed Potatoes, Gravy, & Milk	Pepperoni Pizza, Fruit, & Milk	Chicken Nuggets, Fries, Fruit, & Milk
PM Snack	Cheese Its	Teddy Grahams	Oranges & Cheerios	Cereal Bars	Tomato & Cucumber Salad
Week 4	20	21	22	23	24
Breakfast	Cinnamon Toast, Fruit, & Milk	Pancakes, Fruit, & Milk	Yogurt, Fruit, & Milk	Oatmeal & Milk	Cereal, Fruit, & Milk
AM Snack	Pretzel Bites & Cheese Dip	Bell Peppers & Dressing	Celery & Cream Cheese	Queso & Chips	Strawberries & Cream
Lunch	Chicken Salad, Sandwich, Fruit, & Milk	Buttered Noodles, Zucchini, Fruit, & Milk	Veggie Quésadilla, Fruit, & Milk	Corn Dogs, Peas, Fruit, & Milk	Potato Soup, Crackers, with Fruit & Milk
PM Snack	Popsicles	Apples & Cheese	Pineapple & Pretzels	Ice Cream Sundaes	Hummus & Pita
Week 5	27	28	29	30	31
Breakfast	Bacon Biscuit & Milk	Toast, Fruit, & Milk	Pancakes, Fruit, & Milk	Breakfast Burrito & Milk	Scrambled Eggs & Milk
AM Snack	Pasta Salad	Baked Apples	Fig Newtons & Milk	Breadsticks & Tomato Sauce	Veggie Straws
Lunch	Vegetarian Posole, Tortilla, Fruit, & Milk	Hamburger, Pickles, Fruit, & Milk	Teriyaki Chicken, Rice, Fruit, & Milk	Meatball Soup With Crackers, Mixed Veggies, & Milk	Grilled Cheese, Pickles, Fruit, & Milk
	Chips & Salsa	Rice Cakes	Trail Mix	Sweet Potato Chips	Fruit Leathers