

## COVENANT SCHOOLS DEL NORTE April 2023 Menu



|           | Monday  | Tuesday  | Wednesday                                       | Thursday                                       | Friday                                    |
|-----------|---|--|---|--|---|
| Week 1    | 3   | 4  | 5   | 6  | 7   |
| Breakfast | Cinnamon Toast & Milk                                   | Cereal & Milk                                  | Yogurt w/ granola & Milk                        | Burrito & Milk                                 | Closed                                    |
| AM Snack  | Cheese Squares & Ritz                                   | Tortilla & Sun Butter                          | Oranges & Grahams                               | Pineapple & Cheez Its                          | For                                       |
| Lunch     | Turkey Noodle Soup,<br>Crackers, Fruit & milk           | Red Beans & Rice, Fruit & Milk                 | Pulled Pork Nachos, Fruit & Milk                | Tuna Casserole, Mixed<br>Veggies, Fruit & Milk | <mark>Good</mark><br>Friday!              |
| PM Snack  | Sun Butter & Apples                                     | Chips & Salsa                                  | Veggie Straws                                   | Pumpkin Pie                                    | +   |
| Week 2    | 10  | 11   | 12  | 13   | 14  |
| Breakfast | Pancakes & Milk   | Cheese toast & Milk                            | Cereal, Fruit & Milk                            | French Toast & Milk                            | Waffles & Milk                            |
| AM Snack  | Yogurt & Pretzels                                       | Strawberries & Grahams                         | Cheez Its & Bananas                             | Fig Newtons                                    | Dried Apples                              |
| Lunch     | Tex Mex Salad, Crackers,<br>Fruit & Milk                | Green Chile Stew, Tortilla,<br>Apples & Milk   | Hawaiian Pasta Salad,<br>Crackers, Fruit & Milk | Bean & Cheese Burritos,<br>Salad, Fruit & Milk | Chicken Stir fry, Eggrolls &<br>Milk      |
| PM Snack  | Brownies & Milk   | Goldfish & Juice                               | Pirates Booty                                   | Trailmix                                       | String Cheese & Pretzels                  |
| Week 3    | 17  | 18   | 19  | 20   | 21  |
| Breakfast | Toast w/ Jelly & Milk                                   | Yogurt, Bananas & Milk                         | Hashbrowns & Milk                               | Cereal & Milk                                  | Oatmeal & Milk                            |
| AM Snack  | Goldfish & Juice  | Granola Bars                                   | <mark>Bananas</mark> & Grahams                  | Yogurt & Granola                               | Townhouse Crackers &<br>Applesauce        |
| Lunch     | Chicken Burrito Bowl,<br>Avocado, Tortilla & Milk       | Pesto Tortellini, Breadsticks,<br>Salad & Milk | Chicken Cobb Salad,<br>Crackers, Fruit & Milk   | Taco Soup, Corn Chips, Fruit<br>& Milk         | Chicken Nuggets, Veggies,<br>Fruit & Milk |
| PM Snack  | Chex Mix  | Animal Crackers & Apples                       | Mandarin Oranges &<br>Pretzels                  | Ice Cream Sandwiches                           | Ambrosia Salad                            |
| Week 4    | 24  | 25   | 26  | 27   | 28  |
| Breakfast | Sausage w/ Tortilla & Milk                              | Pancakes & Milk                                | Cereal & Milk                                   | Hashbrowns & Milk                              | Waffles & Milk                            |
| AM Snack  | Sun Butter & Grahams                                    | Tortillas & Jelly                              | Yogurt & Animal Crackers                        | Saltines & Oranges                             | Teddy Grahams                             |
| Lunch     | Pigs in a Blanket (Corn dogs), Peas, Fruit & Milk       | Chicken & Broccoli Quinoa,<br>Fruit & Milk     | Breaded Chicken Sandwich,<br>Corn Fruit & Milk  | Penne Alfredo, Garlic Bread,<br>Fruit & Milk   | Meatballs w/ Gravy, Rice,<br>Fruit & Milk |
| PM Snack  | Carrot Sticks & Ranch                                   | Peaches & Saltines                             | Pretzel Bites & Nacho<br>Cheese                 | Celery & Hummus                                | Cheese & Tortilla                         |
|           | Highlighted Items  Are In Celebration of  National Days |  |   |  |   |