



Covenant Schools Del Norte

January 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	5	6	7	8	9
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Waffles w/ Syrup, Fruit & Milk	Cereal, Fruit & Milk
AM Snack	Yogurt & Grahams	Cheese & Pretzels	Fruit & Crackers	Cinnamon Biscuits & Juice	Fruit & Pretzels
Lunch	Mini Corn Dogs, Carrot Sticks, Fruit & Milk	Fish Fillets, Corn, Fruit & Milk	Tomato Soup, Cheese Sandwiches, Fruit & Milk	Chicken & Rice Casserole, Green Beans, Fruit & Milk	Macaroni & Cheese, Salad, Fruit & Milk
PM Snack	Crackers & WOW Butter	Apples & Townhouse Crackers	Cookies & Milk	Bananas & Grahams	Veggie w/ Dip & Saltines
Week 2	12	13	14	15	16
Breakfast	Egg Burritos, Juice & Milk	Hot Cereal, Fruit & Milk	Bagels w/ cream cheese, Juice & Milk	French Toast Sticks, Fruit, & Milk	Cereal Fruit & milk
AM Snack	Fruit & Crackers	String Cheese & Pretzels	Applesauce & grahams	Tortillas & Jelly	Yogurt & Crackers
Lunch	Green Chili Chicken Stew, Fruit, Tortillas & Milk	Chili Beans w/ Corn Bread, Carrot Sticks, Fruit & milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Potato Soup w/ Cheese, Fruit, Biscuits & Milk	Cheese Quesadillas, Cucumbers, Fruit & Milk
PM Snack	WOW Butter & Fruit	Pudding & Vanilla Wafers	Veggies w/ Dip & Crackers	Trail Mix & Juice	Cookies & Milk
Week 3	19	20	21	22	23
Breakfast	CLOSED	Egg Burritos, Juice & Milk	Pancakes w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Hot Cereal, Fruit & Milk
AM Snack	FOR	Fruit & Crackers	Cinnamon Toast & Juice	Cheese & Tortillas	Fruit & Crackers
Lunch	MLK	Meatballs w/ Gravy, Rice, Green Beans, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Chicken Nuggets, Corn, Fruit & Milk	Broccoli Cheese Soup, Fruit, Cornbread, & Milk
PM Snack	DAY!!!	Veggie w/ Dip & Crackers	Tortillas w/ Jelly & Milk	Apple & Pretzels	WOW Butter & Fruit
Week 4	26	27	28	29	30
Breakfast	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Waffles w/ syrup, Juice & Milk	Hot Cereal, Fruit & milk	Egg Burritos, Juice & Milk
AM Snack	Yogurt & Grahams	Fruit & Crackers	Apples & WOW Butter	Fruit & Crackers	Applesauce & grahams
Lunch	Chicken Noodle Soup, Crackers, Fruit & Milk	Tatar Tot Casserole, Salad w/ Dressing, Fruit & Milk	Oriental Chicken w/ Vegetables, Fruit, Rice & Milk	Beef~A~Roni, Green Beans, Fruit & Milk	Cheese Pizza, Carrot Sticks, Fruit & Milk
PM Snack	String Cheese & Pretzels	Veggie Sticks w/ Dip & Crackers	Cream Cheese & Crackers	Trail Mix & Juice	Cookies & Milk