



Covenant Schools Del Norte May 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast				Cereal, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk
AM Snack				Cheese & Crackers	Apple Sauce & Grahams
Lunch				Tuna Sandwich, Tater Tots, Fruit & Milk	Cheese Pizza, Carrot Sticks, Fruit & Milk
PM Snack				Muffins & Milk	WOW Butter & Fruit
Week 2	5	6	7	8	9
Breakfast	Waffles w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Cereal, Fruit & Milk	Biscuit w/ Jelly, Juice & Milk
AM Snack	Fruit & Crackers	Jelly, Tortillas & Milk	Yogurt & Grahams	Cinnamon Toast & Juice	Cheese & Crackers
Lunch	Bean Burritos, Salad, Fruit & Milk	Grilled Chicken, Salad, Fruit, Cracker & Milk	Ham Sandwiches, Tater Tots, Fruit & Milk	Cheese Quesadillas, Cucumbers, Fruit & Milk	Chicken Nuggets, Green Beans, Fruit & Milk
PM Snack	Veggie Sticks, w/ Ranch & Saltines	Trail Mix & Juice	Fruit & Crackers	Pudding & Vanilla Wafers	Fruit & Crackers
Week 3	12	13	14	15	16
Breakfast	Pancakes w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Cereal, Fruit & Milk
AM Snack	String Cheese & Pretzels	Yogurt & Gold Fish	Fruit & Grahams	Fruit & Crackers	Cheese Toast & Juice
Lunch	Corn Dogs, Veggies, w/ Ranch, Fruit & Milk	Chili Beans, Salad, Cornbread, Fruit & Milk	Chicken Patties, Mashed Potatoes, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Turkey Sandwiches, Tator Tots, Fruit & Milk
PM Snack	Fruit & Crackers	Cookies & Milk	Trail Mix & Juice	Cheese & Crackers	Tortillas, Jelly & Milk
Week 4	19	20	21	22	23
Breakfast	French Toast Sticks w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk
AM Snack	Fruit & Crackers	Yogurt & Gold Fish	Cheese & Pretzels	Fruit & Crackers	String Cheese & Apples
Lunch	Frito Pie, Salad, Fruit & Milk	Macaroni & Cheese, Green Beans, Fruit & Milk	Spanish Rice w/ Beef, Corn, Fruit & Milk	Chicken, Veggie & Noodle Soup, Fruit, Saltines & Milk	Chef Salad, Crackers, Fruit & Milk
PM Snack	Trail Mix & Juice	Muffins & Milk	Veggies, Dip & Saltines	Apple Sauce & Grahams	Fruit & Crackers
Week 5	26	27	28	29	30
Breakfast	School is Closed for Memorial Day!!!	Bagels w/ Cream Cheese, Fruit & Milk	Cereal, Fruit & Milk	Hot Cereal, Juice & Milk	Egg Burritos, Fruit & Milk
AM Snack		Fruit & Crackers	WOW Butter & Celery	Raspberry Cream Cheese, Tortillas & Milk	Apples & Cheese
Lunch		Beef-a-Roni, Corn, Fruit & Milk	Tomato Soup, Cheese Sandwich, Fruit & Milk	Meatballs, Gravy, Rice, Salad, Fruit & Milk	Chicken Pasta Salad, Fruit, Crackers & Milk
PM Snack		Muffins & Milk	Trail Mix & Juice	Fruit & Crackers	Cookies & Milk