



# COVENANT SCHOOLS DEL NORTE

## October 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>			<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>			Egg Burritos, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk	Pancakes w/ Syrup, Fruit & Milk
<b>AM Snack</b>			Yogurt & Grahams	Fruit & Crackers	Cheese & Crackers
<b>Lunch</b>			Chicken & Rice Casserole, Green Beans, Fruit & Milk	Chefs Salad w/ Crackers, Fruit & Milk	Bean & Cheese Burritos w/ Salsa, Salad, Fruit & Milk
<b>PM Snack</b>			Cookies & Milk	Veggies w/ Dip & Crackers	Trail Mix & Juice
<b>Week 2</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b>	Cereal, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	French Toast Sticks, Juice & Milk	Hot Cereal, Fruit & Milk	<b>No School</b>
<b>AM Snack</b>	Fruit & Crackers	Yogurt & Grahams	Fruit & Crackers	String Cheese & Pretzels	<b>Closed For</b>
<b>Lunch</b>	Tomato Soup, Cheese Sandwich, Fruit & Milk	Chili Beans, Salad, Corn Bread, Fruit & Milk	Cheese Pizza, Cucumbers w/ Ranch, Fruit & Milk	Sloppy Joes, Tatar Tots, Fruit & Milk	<b>Fall Break</b>
<b>PM Snack</b>	Muffins & Milk	Trail Mix & Juice	Animal Crackers & Milk	Fruit & Crackers	
<b>Week 3</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b>	Waffles, Juice & Milk	Cereal Fruit & Milk	Egg Burritos Juice & Milk	Bagels W/ Cream Cheese Fruit & Milk	Hot Cereal, Juice & Milk
<b>AM Snack</b>	Yogurt & Crackers	Cinnamon Toast & Juice	Fruit & Crackers	Gold Fish & juice	Cheese & Prezels
<b>Lunch</b>	Corn Dogs, Carrots Sticks Fruit & Milk	Frito Pie, Salad Fruit & Milk	Ham Sandwich, Tatar Tots, Fruit & Milk	Macaroni-N~Cheese, Green Beans. Fruit & Milk	Chicken Veggie Noodle Soup w/ Crackers, Fruit & Milk
<b>PM Snack</b>	Tortilla W/Jelly & Milk	Veggie Sticks w/ Dip Saltines	Cookies & Milk	Fruit & Crackers	Vanilla Wafers & Juice
<b>Week 4</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breakfast</b>	Biscuits w/ Jelly, Juice & Milk	Egg Burritos, Fruit & Milk	Waffles, Juice & Milk	Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
<b>AM Snack</b>	Fruit & Crackers	Fruit & Crackers	Raspberry Cream Cheese w/ Crackers	Cheese Toast & Juice	Fruit & Crackers
<b>Lunch</b>	Turkey Sandwiches, Tatar Tots, Fruit & Milk	Chicken Nuggets, Corn, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Southwest Chicken Salad w/ Tortillas, Fruit & Milk	Tator Tot Casserole, Green Beans, Fruit & Milk
<b>PM Snack</b>	Apple Sauce & Grahams	Tortillas w/ WOW Butter & Juice	Fruit & Crackers	Oranges & Saltines	Cookies & Milk
<b>Week 5</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Breakfast</b>	Egg Burritos, Juice & Milk	Hot Cereal, Fruit & Milk	Cereal, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Pancakes w/ Syrup, Fruit & Milk
<b>AM Snack</b>	Fruit & Crackers	Yogurt & Goldfish	Yogurt & Goldfish	Fruit & Crackers	String Cheese & Pretzels
<b>Lunch</b>	Hamburgers, Salad, Fruit & Milk	Quesadillas, Cucumbers w/ Dip, Fruit & Milk	Chicken Sandwiches, Lettuce, Tomato, Fruit & Milk	Spanish Rice w/ Beef, Corn, Fruit & Milk	Fish Fillets, Green Beans, Fruit & Milk
<b>PM Snack</b>	Veggie Sticks w/ Dip & Crackers	Muffins & Milk	Fruit & Crackers	Trail Mix & Juice	Cookies & Milk