



# COVENANT SCHOOLS DEL NORTE, L.L.C.



## MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>			1	2	3
<b>Breakfast</b>			Bagels w/ Cream Cheese, Fruit & Milk	Quiche, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>			Graham Crackers & Apples	Goldfish & Oranges	Pretzels & Cheese
<b>Lunch</b>			Pizza, Fruit, Salad & Milk	Green Chile Enchiladas, Mixed Veggies, Fruit & Milk	Beef Stew, Fruit & Milk
<b>PM Snack</b>			Cucumbers & Ranch	Jell-O & Crackers	Banana Bread & Milk
<b>Week 2</b>	6	7	8	9	10
<b>Breakfast</b>	Oatmeal, Fruit & Milk	Waffles, Fruit & Milk	Biscuits w/ Gravy, Fruit & Milk	Hot Cereal, Fruit & Milk	French toast, Fruit & Milk
<b>AM Snack</b>	Celery w/ WOW Butter	Trail Mix & Juice	String Cheese & Goldfish	Apples & Graham Crackers	Tortillas w/ WOW Butter
<b>Lunch</b>	Arraz Con Pollo, Fruit & Milk	Spaghetti, Green Beans, Fruit & Milk	Stir Fry, Fruit & Milk	Chicken Parmesan, Broccoli, Fruit & Milk	Mac & Cheese, Green Beans, Fruit & Milk
<b>PM Snack</b>	Yogurt & Crackers	Rice Krispy Treats & Milk	Blueberry Bread & Milk	Jell-O & Fruit	Trail Mix & Juice
<b>Week 3</b>	13	14	15	16	17
<b>Breakfast</b>	Cereal, Fruit & Milk	Quiche, Fruit & Milk	Egg Burritos, Fruit & Milk	Oatmeal, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk
<b>AM Snack</b>	Crackers, Carrots & Ranch	Apples w/ WOW Butter	Vanilla Crackers & Pudding	Yogurt & Crackers	Pretzels & String Cheese
<b>Lunch</b>	Burgers, Celery, Fruit & Milk	Baked Chicken, Corn, Fruit & Milk	Baked Ziti, Veggies, Fruit & Milk	Taco Salad, Fruit & Milk	Chicken Noodle Soup, Fruit & Milk
<b>PM Snack</b>	Chips & Salsa	Cucumbers w/ Ranch & Crackers	Carrots & Crackers	Cookies & Milk	Graham Crackers & Fruit
<b>Week 4</b>	20	21	22	23	24
<b>Breakfast</b>	Pancakes, Fruit & Milk	Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Oatmeal, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Goldfish & Oranges	Carrots w/ Ranch & Crackers	Yogurt & Crackers	WOW Butter & Apples	Vanilla Wafers & Oranges
<b>Lunch</b>	Potato Casserole, Fruit & Milk	Green Chile Stew, Fruit & Milk	Broccoli Soup, Fruit & Milk	Chicken Salad Sandwiches, Corn, Fruit & Milk	Taco Soup, Fruit & Milk
<b>PM Snack</b>	Celery w/ Ranch & Crackers	Brownies & Milk	Goldfish & Oranges	Cookies & Milk	Carrots w/ Ranch & Crackers
<b>Week 5</b>	27	28	29	30	31
<b>Breakfast</b>	Waffles, Fruit & Milk	Hot Cereal, Fruit & Milk	Cheese Toast, Fruit & Milk	Biscuits w/ Jelly, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Trail Mix & Juice	Tortillas & Cheese	Bananas & Graham Crackers	Oranges & String Cheese	Fruit & Goldfish
<b>Lunch</b>	Chicken Penne Alfredo, Broccoli, Fruit & Milk	Hot Dogs, Corn, Fruit & Milk	Bean & Cheese Burritos, Fruit & Milk	Turkey Sandwiches, Mixed Veggies, Fruit & Milk	Lemon Pepper Chicken, Green Beans, Fruit & Milk
<b>PM Snack</b>	Cucumbers w/ Ranch & Crackers	Pudding & Vanilla Wafers	Pretzels & Apples	Carrots w/ Ranch & Crackers	Cinnamon Rolls