

COVENANT SCHOOLS DEL NORTE April 2016 Menu



	Monday	Tuesday	Wednesday	Thursday 🧲	Friday
Week 1	4	5	6	7	8
Breakfast	Cereal, Fruit & Milk	Oatmeal, Fruit & Milk	French Toast, Juice & Milk	Pancakes, Fruit & Milk	Egg Burritos, Juice & Milk
AM Snack	Fruit & Crackers	G Crackers & Applesauce	Pretzels & Cheese	Gold Fish & Juice	Apple Sauce & G Crackers
Lunch	Macaroni~N~Cheese,	Chef's Salad w/ TH	Hamburgers w/Lettuce	Spanish Rice, Corn,	Ham and Cheese Rollups,
	Green Beans, Fruit &	Crackers, Fruit & Milk	& Tomato, Fruit & Milk	Fruit & Milk	Veggie, Fruit & Milk
	Milk				
PM Snack	Pudding & Vanilla Wafers	Trail Mix & Juice	Veggies & Crackers	Jell-O & Mixed Fruit	Cookies & Milk
Week 2	11	12	13	14	15
Breakfast	Bagels w/ Cream	Cereal, Fruit & Milk	Hot Cereal, Fruit & Milk	French Toast w/ Syrup,	Pancakes w/Syrup,
	Cheese, Juice & Milk			Juice & Milk	Fruit & Milk
AM Snack	Yogurt & Grahams	Fruit & Crackers	Goldfish & Juice	Fruit & Crackers	String Cheese & Pretzels
Lunch	South West Chicken Salad,	Grilled Cheese Sandwich,	Meatballs w/Gravy, Rice,	Cheese Ravioli, Salad w/	Tuna Sandwiches, Tater
	Tortillas, Fruit & Milk	Veggie Sticks, Fruit &	Green Beans, Fruit & Milk	Dressing, Fruit & Milk	Tots, Fruit & Milk
		Milko [
DM Cocci-	Dratzala P-String Chasses	Coolicion & Mills	M()W Button M() Contilloo	Troil Mizz & Luico	Dudding & Vonillo Woforo
PM Snack	Pretzels & String Cheese	Cookies & Milk	WOW Butter w/ Tortillas	Trail Mix & Juice	Pudding & Vanilla Wafers
Week 3	18	19	20	21	22
	18 Waffles w/ Syrup,	19 Bagels w/ Cream			22 French Toast w/ Syrup,
Week 3 Breakfast	18 Waffles w/Syrup, Fruit & Milk	19 Bagels w/ Cream Cheese, Juice & Milk	20 Cereal, Fruit & Milk	21 Hot Cereal, Fruit & Milk	22 French Toast w/ Syrup, Juice & Milk
Week 3 Breakfast AM Snack	18Waffles w/ Syrup, Fruit & MilkString Cheese & Pretzels	19 Bagels w/ Cream Cheese, Juice & Milk Apples & Goldfish	20 Cereal, Fruit & Milk Grahams & Juice	21 Hot Cereal, Fruit & Milk Fruit & Crackers	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers
Week 3 Breakfast	18Waffles w/ Syrup, Fruit & MilkString Cheese & PretzelsChicken Patties, Mashed	19 Bagels w/ Cream Cheese, Juice & Milk Apples & Goldfish Frito Pie, Salad, Fruit &	20 Cereal, Fruit & Milk Grahams & Juice Cheese Pizza, Carrots w/	21 Hot Cereal, Fruit & Milk Fruit & Crackers Quesadillas, Cucumbers	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers Meatball Sandwiches,
Week 3 Breakfast AM Snack Lunch	18Waffles w/ Syrup, Fruit & MilkString Cheese & PretzelsChicken Patties, Mashed Potatoes, Fruit & Milk	19 Bagels w/ Cream Cheese, Juice & Milk Apples & Goldfish Frito Pie, Salad, Fruit & Milk	20 Cereal, Fruit & Milk Grahams & Juice Cheese Pizza, Carrots w/ Dip, Fruit & Milk	21 Hot Cereal, Fruit & Milk Fruit & Crackers Quesadillas, Cucumbers w/ Dip, Fruit & Milk	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers Meatball Sandwiches, Salad, Fruit & Milk
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Week 3 Breakfast AM Snack Lunch PM Snack	18 Waffles w/ Syrup, Fruit & Milk String Cheese & Pretzels Chicken Patties, Mashed Potatoes, Fruit & Milk Animal Crackers & Milk	19 Bagels w/ Cream Cheese, Juice & Milk Apples & Goldfish Frito Pie, Salad, Fruit & Milk Tortillas & Cheese	20 Cereal, Fruit & Milk Grahams & Juice Cheese Pizza, Carrots w/ Dip, Fruit & Milk Cookies & Milk	21 Hot Cereal, Fruit & Milk Fruit & Crackers Quesadillas, Cucumbers w/ Dip, Fruit & Milk Trail Mix & Juice	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers Meatball Sandwiches, Salad, Fruit & Milk Veggie Sticks & Crackers
Week 3 Breakfast AM Snack Lunch PM Snack Week 4	18Waffles w/ Syrup, Fruit & MilkString Cheese & PretzelsChicken Patties, Mashed Potatoes, Fruit & MilkAnimal Crackers & Milk25	19 Bagels w/ Cream Cheese, Juice & Milk Apples & Goldfish Frito Pie, Salad, Fruit & Milk Tortillas & Cheese 26	20 Cereal, Fruit & Milk Grahams & Juice Cheese Pizza, Carrots w/ Dip, Fruit & Milk Cookies & Milk 27	21 Hot Cereal, Fruit & Milk Fruit & Crackers Quesadillas, Cucumbers w/ Dip, Fruit & Milk Trail Mix & Juice 28	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers Meatball Sandwiches, Salad, Fruit & Milk Veggie Sticks & Crackers 29
Week 3 Breakfast AM Snack Lunch PM Snack	18Waffles w/ Syrup, Fruit & MilkString Cheese & PretzelsChicken Patties, Mashed Potatoes, Fruit & MilkAnimal Crackers & Milk25Egg Burritos, Juice	19Bagels w/ CreamCheese, Juice & MilkApples & GoldfishFrito Pie, Salad, Fruit & MilkTortillas & Cheese26Waffles w/ Syrup,	20 Cereal, Fruit & Milk Grahams & Juice Cheese Pizza, Carrots w/ Dip, Fruit & Milk Cookies & Milk 27 Bagels w/ Cream	21 Hot Cereal, Fruit & Milk Fruit & Crackers Quesadillas, Cucumbers w/ Dip, Fruit & Milk Trail Mix & Juice	22 French Toast w/ Syrup, Juice & Milk Yogurt & Crackers Meatball Sandwiches, Salad, Fruit & Milk Veggie Sticks & Crackers
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<u>Underline</u> words are for Celebration of National Days!!!