



COVENANT SCHOOLS DEL NORTE

AUGUST MENU 2016



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
Breakfast	Cereal, Oranges & Milk	Bagels w/ Cream Cheese, Orange Juice & Milk	Cream of Wheat, Bananas & Milk	Waffles w/ Syrup, Strawberries & Milk	Egg Burritos, Apple Juice & Milk
AM Snack	String Cheese & Pretzels	Bananas & Grahams	Cheese Toast & Apples	Yogurt & Goldfish	Oranges & TH Crackers
Lunch	Ranch Beans, Cucumbers w/ Dip, Watermelon, Cornbread & Milk	Spaghetti w/ Meat Sauce, Corn, Pears & Milk	Chef Salad, Oranges, Town House Crackers & Milk	Chicken Patties, Mashed Potatoes w/ Gravy, Apples & Milk	Grilled Cheese Sandwiches, Carrot Sticks w/ Dip, Grapes & Milk
PM Snack	Trail Mix & Juice	Ice Cream Sandwiches	Watermelon & Saltines	Cheery Jell-O & Bananas	Oatmeal Cookies & Milk
Week 2	8	9	10	11	12
Breakfast	Blueberry Pancakes w/ Syrup & Milk	Biscuits w/ Gravy, Apples & Milk	Cereal, Cantaloupe & Milk	Cinnamon Toast, Apple Juice & Milk	Oatmeal, Banana & Milk
AM Snack	Cheese & Saltines	Yogurt & Cheese Itz	Applesauce & ABC Cookies	Oranges & Pretzels	Tortillas w/ Cheese & Apple Juice
Lunch	Chili~n~Mac, Corn, Pears & Milk	Southwest Chicken Salad, Oranges, Tortillas & Milk	Cheese Pizza, Celery Sticks, Grapes & Milk	WOW Butter & Jelly Sandwiches, Bananas Carrot Sticks & Milk	Hamburgers, Lettuce, Pickles, Chips, Oranges & Milk
PM Snack	Banana Muffins & Apple Juice	Rice Pudding & Banana	Trail Mix & Orange Juice	Pudding & Vanilla Wafers	Veggies Sticks w/ Dip & TH Crackers
Week 3	15	16	17	18	19
Breakfast	Bagels, Strawberry Cream Cheese, Orange Juice & Milk	Cream of Wheat, Bananas & Milk	Cheese Toast, Apples & Milk	Cereal, Oranges & Milk	French Toast Sticks w/ Syrup, Apple Juice & Milk
AM Snack	Apples w/ WOW Butter	Cinnamon Biscuits & Milk	Animal Crackers & Orange Juice	String Cheese & Pretzels	Yogurt & Bananas
Lunch	Tater Tot Casserole, Salad, Peaches & Milk	Beans & Franks, Carrot Sticks w/ Dip, Apple Sauce & Milk	Chicken w/ Oriental Vegetables, Rice, Pineapple & Milk	Taco Salad, Cantaloupe, Tortillas & Milk	Turkey & Cheese Sandwiches, French Fries, Oranges & Milk
PM Snack	Cucumbers & Goldfish	Tortillas w/ Cheese & Juice	Pudding & Bananas	Applesauce & Cheese Itz	Ice Cream & Sprinkles
Week 4	22	23	24	25	26
Breakfast	Egg Burritos, Orange Juice & Milk	Cereal, Bananas & Milk	Waffles w/ Syrup, Apple Juice & Milk	Oatmeal, Blueberries & Milk	Cinnamon Toast, Apple Sauce & Milk
AM Snack	String Cheese & Pretzels	Cinnamon Toast & Oranges	Yogurt & Goldfish	Apples w/ WOW Butter	Cheese & Saltines
Lunch	Frito Pie, Salad w/ Ranch, Pears & Milk	Macaroni~n~Cheese, Green Beans, Applesauce & Milk	Meatball Sandwiches, Chips, Bananas & Milk	Fish Fillets w/ Tater Sauce, Corn, Watermelon & Milk	Chicken Sandwiches, Lettuce & Tomato, Oranges & Milk
PM Snack	Watermelon & ABC Crackers	Trail Mix & Grape Juice	Tortillas w/ Jelly & Milk	Cherry Jell-O & Bananas	Oatmeal Cookies & Milk
Week 5	29	30	31		
Breakfast	Bagels w/ Cream Cheese, Grape Juice & Milk	Cream of Wheat, Strawberries, & Milk	Pancakes w/ Syrup, Bananas & Milk		Highlighted Purple Items are in Celebration of National Days!!!
AM Snack	Yogurt & Pretzels	Cheese & Saltines	Cinnamon Toast & Oranges		
Lunch	Ham Sandwiches, Tater Tots, Oranges & Milk	Green Chili Chicken Enchiladas, Salad w/ Ranch, Pears & Milk	Baked Ziti, Green Beans, Apples & Milk		
PM Snack	Apples w/ Caramel Dip	Celery Sticks w/ WOW Butter	Trail Mix & Grape Juice		