



**COVENANT SCHOOLS DEL NORTE
SEPTEMBER MENU 2016**



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast		ITEMS IN PURPLE & HIGHLIGHTED ARE IN CELEBRATION OF NATIONAL DAY!!		Cereal, Juice & Milk	French Toast Sticks w/ syrup, Fruit and Milk
AM Snack				String Cheese & Goldfish	Applesauce & Wheat Thins
Lunch				Chicken Patties, Mashed Potatoes w/ Gravy, Oranges, & Milk	Tomato Soup, Grilled Cheese, Fruit & Juice
PM Snack				Cookies & Milk	Bananas & Vanilla Pudding
Week 2	5	6	7	8	9
Breakfast	CLOSED	English Muffin w/ Juice & Milk	Bagels w/ Cream Cheese, Grapes, & Milk	Egg Burritos, Juice, & Milk	Cream of Wheat Strawberries & Milk
AM Snack	FOR	Animal Crackers, & Milk	Cinnamon Toast, & Applesauce	Grapes, & Crackers	String Cheese, & Pretzels
Lunch	LABOR	Chicken Noodle Soup w/ Veggies, Saltines, Peaches & Milk	Hamburgers, Lettuce, Pickles, Chips, Oranges, & Milk	Ham and Cheese Sandwich, Tater Tots, Apples, & Milk	Cheese Pizza, Celery Sticks, Grapes & Milk
PM Snack	Day!!!	Carrot Sticks w/dip, & TH Crackers	Trail Mix & Juice	Jell-Ow/ Fruit Cocktail	Cookies & Milk
Week 3	12	13	14	15	16
Breakfast	French Toast Sticks w/ Syrup, Apple Juice & Milk	Biscuits w/ Jelly & Juice	Blueberry Oatmeal & Milk	Cheese Toast , Apples & Milk	Cereal, Bananas & Milk
AM Snack	Yogurt & Goldfish	Saltines & Oranges	Cheese & Crackers	Crackers w/ WOW butter	Bagel w/ Raspberry Cream Cheese
Lunch	Chili Mac, Salad w/ dressing, Pineapple & Milk	Chicken Nuggets, Corn, Fruit, & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Corn Dogs, Mixed Fruit, Carrot Sticks, & Milk	Taco Salad, Tortillas, Fruit, & Milk
PM Snack	Muffins & Milk	Ants on a Log & Milk	Graham Cracker & Fruit	Tortillas & Jelly	Juice & Animal Crackers
Week 4	19	20	21	22	23
Breakfast	Toast w/ Jelly, Juice & Milk	Strawberry Oatmeal, & Milk	Pancakes w/ Syrup, Fruit & Milk	Biscuits & Gravy, Oranges, & Milk	Hot Cereal, Fruit, & Milk
AM Snack	String Cheese & Apples	Yogurt & Blueberries	Goldfish & Juice	Apples & WOW Butter	Cinnamon Toast & Fruit
Lunch	Chili Beans, Cornbread, Fruit & Milk	Sloppy Joes, Veggie, Fruit Tater Tots, and Milk	Spaghetti w/Meat Sauce, Salad, Fruit & Milk	Fish Filets, Green Beans, Fruit & Milk	Turkey & Cheese Roll Ups, Chips, Oranges, & Milk
PM Snack	Pudding and Vanilla Wafers	Cherry Jell-O & G. Cracker	Veggie Sticks & Dip	Corn Chips & Salsa	Cheese & Tortillas
Week 5	26	27	28	29	30
Breakfast	Pancakes , Fruit, & Milk	Waffles, Fruit, & Milk	Breakfast Casserole, Oranges, & Milk	Bagels, w/ Jelly, Juice, & Milk	Cream of Wheat, Oranges, & Milk
AM Snack	Oranges & Pretzels	Bananas & Chocolate Milk	Yogurt & Peaches	Wow Butter & Tortillas	Fruit and Crackers
Lunch	Chicken Parmesan, Green Beans, Fruit, & Milk	Baked Ziti, Salad w/dressing, Fruit, and Milk	Chef Salad, Crackers, Fruit and Milk	Oriental Veggies & Chicken w/ Rice, Fruit, & Milk	Tater Tot Casserole w/ Veggies, Peaches & Milk
PM Snack	Cheese Its & Juice	Cookies & Milk	Trail Mix & Fruit	Banana Bread & Milk	Veggie Sticks & Dip