



COVENANT SCHOOLS DEL NORTE November 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast			Cream of wheat, Bananas & Milk	Pancakes, Applesauce & Milk	Toast w/ Jelly, Oranges & Milk
AM Snack			Dried Apple & Goldfish	Teddy Grahams	Sunflower Butter & Apples
Lunch			Broccoli cheddar soup, Crackers, Fruit & Milk	Bean Burritos, Corn, Fruit & Milk	Black bean enchiladas, Crackers, Fruit & Milk
PM Snack			Rice krispy treats	Oranges & Saltines	Trail Mix
Week 2	6	7	8	9	10
Breakfast	Cinnamon Toast, Cantaloupe & Milk	Biscuits, Applesauce & Milk	Oatmeal, Bananas & Milk	Cream of wheat, Blueberries & Milk	Cereal, Fruit & Milk
AM Snack	Cheese & Tortillas	Nutri-Grain Bars	Granola Bars	Bananas & Cheerios	Animal Crackers
Lunch	Chicken Fried Rice, Fruit, Crackers & Milk	Sunflower butter & Jelly sandwiches, Fruit & Milk	Green chili stew, Tortilla, Oranges & Milk	Macaroni Salad, Crackers, Oranges & Milk	Black Bean soup, Biscuits, Fruit & Milk
PM Snack	Wheat Thins & Mandarin Oranges	Applesauce & Animal Crackers	Chex Mix & Juice	Veggie Straws & Apples	Goldfish & Strawberries
Week 3	13	14	15	16	17
Breakfast	Pancakes, Applesauce & Milk	Cereal, Cantaloupe & Milk	Yogurt w/granola & Milk	Toast w/Jelly, Bananas & Milk	Oatmeal, Honeydew & Milk
AM Snack	Bananas & Yogurt	Goldfish & Juice	Salami w/Crackers	Veggie Puffs	Townhouse crackers
Lunch	Mac-n-Cheese, Mixed Veggies & Milk	Penne Pasta, Rolls, Fruit & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk	Pancakes w/Sausage, Apples & Milk	Quesadillas, Celery & Milk
PM Snack	Bananas & Grahams	Bunny Grahams & Apples	Pretzels & Sunflower butter	Pineapples & Crackers	Peaches & Wheat Thins
Week 4	20	21	22	23	24
Breakfast	Hashbrowns, Ketchup & Milk	Waffles & Milk	Cereal, Fruit & Milk	CLOSED	CLOSED
AM Snack	Pretzels & String Cheese	Yogurt & Grahams	Fig Newton & Milk	FOR	FOR
Lunch	Turkey Wraps, Chips, Fruit & Milk	Corn Dogs, Celery, Fruit & Milk	Chicken Pasta Salad, Crackers & Milk	THANKSGIVING	THANKSGIVING
PM Snack	Trail Mix	Oranges & Saltines	Goldfish & Juice	BREAK	BREAK
Week 5	27	28	29	30	
Breakfast	Scones & Milk	Pancakes, Bananas & Milk	Cream of wheat & Milk	Cereal & Milk	
AM Snack	Strawberries w/Pretzels	Pears w/ Ritz	Trail Mix & Apple Juice	Cheez Its	
Lunch	Chicken Noodle Soup, Crackers, Fruit & Milk	Chili Mac, Fruit & Milk	Taco Salad, W/Fruit & Milk	Chicken Nuggets, Carrots, Fruit & Milk	
PM Snack	Fruit Cocktail & Grahams	Celery & Ranch	Vanilla Wafers & Yogurt	Chips & Salsa	

