



COVENANT SCHOOLS DEL NORTE

October 2013 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Cereal, Fruit & Milk	Oatmeal, Blueberries & Milk	Cinnamon Toast & Milk	Cream of Wheat, Fruit & Milk	Bagels w/Cream Cheese & Milk
AM Snack	Tortilla & Cheese	Pretzels & Peaches	Blueberries & Crackers	Watermelon & Crackers	Apples & Animal Crackers
Lunch	Chicken Noodle Soup, Oranges, Crackers & Milk	Salami Sandwiches, Apples, Chips & Milk	Quesadillas, Beans, Fruit & Milk	Teriyaki Chicken Rice Bowl, Fruit & Milk	Bean Burritos, Fruit & Milk
PM Snack	Veggie Straws	Bananas & Roasted Seaweed	Salami & Crackers	Gold Fish	Yogurt & Grahams
Week 2	9	10	11	12	13
Breakfast	CLOSED FOR	English Muffins w/Jelly & Milk	Yogurt w/Fruit & Milk	Cereal, Fruit & Milk	Oatmeal w/Fruit & Milk
AM Snack	INDIGENOUS	Rice cakes & Sunflower Butter	Chex Mix	Cantaloupe & Crackers	English Muffin w/Cream Cheese
Lunch	PEOPLE	Bagel Pizza, Fruit & Milk	Chicken w/Rice Soup, Apples, Crackers & Milk	Baked Ziti, Peas & Milk	Taco Casserole w/Fruit & Milk
PM Snack	DAY!!	Animal Crackers	Grahams & Fruit	Cinnamon Apples	Veggie Puffs
Week 3	16	17	18	19	20
Breakfast	Cereal, Fruit & Milk	Cream of Wheat, Fruit & Milk	Cinnamon Rolls & Milk	Pancakes & Milk	CLOSED
AM Snack	Pretzels & Cheese	Organic Fruit Bars	Granola Bars	Raisins & Goldfish	FOR
Lunch		Sunflower Butter Rollups, Chips, Fruit & Milk			INSERVICE
PM Snack				Tortilla & Cheese	DAY!!
Week 4	23	24	25	26	27
Breakfast	Oatmeal, Fruit & Milk	Cereal, Fruit & Milk	French Toast Sticks & Milk	Yogurt w/Fruit & Milk	
AM Snack		Tortilla Rollups	Dried Cranberries & Cheez-ITZ		
Lunch			Hamburgers,	Chef Salad, Fruit, Breadsticks & Milk	
PM Snack					
Week 5	30	31			
Breakfast	Waffles & Milk	Breakfast Egg Casserole & Milk			
AM Snack		Bananas & Cheerios			
Lunch	Turkey Wraps, Veggies w/Hummus & Milk	Chicken Nuggets, Corn, Cantaloupe & Milk			
PM Snack					