

COVENANT SCHOOLS DEL NORTE November 2024 Menu



Week 1 Breakfast Bayes with the process of th		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast AM Snack Lunch PM Snack Breakfast Am Snack Am Snac	Week 1	1101100)	raceasy	Trouiscau,	maroday	1
Lunch PM Snack Week 2						Bagels w/cream cheese
Lunch PM Snack Week 2						
PM Snack Week 2 4 5 6 7 8 Breakfast Cereal, fruit 6 milk Toast, sausage links 6 milk Waffles, strawberries 6 milk Cinnamon apple oatmeal 6 milk PM Snack Pretzels, fruit 6 Chicken sandwiches, Ruffles, fruit 6 milk PM Snack Cucumbers 9 ranch Applesauce 8 Ritz French toast 6 milk Craam of wheat 6 milk Craam of wheat 6 milk PM Snack Cheese sticks 9 oranges Pmilk Craam of wheat 6 milk PM Snack Raspberries 6 milk Craam of wheat 6 milk Craam of wheat 6 milk Craam of wheat 6 milk PM Snack Cheese sticks 9 oranges Pmilk Craam of wheat 6 milk PM Snack Cheese sticks 9 oranges Pmilk Craam of wheat 6 milk PM Snack Cheese sticks 9 oranges 6 milk Craam of wheat 6 milk PM Snack Cheese iticks 6 orange inic Club crackers 6 milk Craam of wheat 6 milk Craam	AM Snack					Nutrigrain bars & strawberries
Week 2 4 5 6 7 8	Lunch					
Breakfast Cereal, fruit 6 milk Toast, sausage links 6 milk Waffles, strawberries 6 milk Cinnamon apple aatmeal 6 milk Maffles, strawberries 6 milk Cinnamon apple aatmeal 6 milk	PM Snack					Trail mix & apple juice
AM Snack Pretzels, fruit 6 Cheese Veggies 6 hummus Bananas 8 grahams Tortillas 6 sunbutter Salami and crackers Frito pie, green beans, fruit 8 milk PM Snack Cucumbers 6 ranch Applesauce 6 Ritz Fig newtons 6 Milk AM Snack Pretzels, fruit 6 milk AM Snack Cucumbers 6 ranch Applesauce 6 Ritz French toast 6 milk Cream of wheat 6 milk Cram of wheat 6 milk AM Snack Lunch Sweet potato bean chili, crackers, oranges 6 milk PM Snack Raspberries 6 yogurt Pineapple 6 pretzels Smores snack mix AM Snack Cheese its 6 orange juice Cub crackers 6 fruit Bunny grahams 6 bananas Cheese its 6 orange juice Cub crackers 6 fruit Bunny grahams 6 bananas Cheese its 6 orange juice Chicken fried frice, eggrolls, pineapple 6 milk PM Snack Breakfast PM Snack Cheese its 6 orange juice Chicken fried frice, eggrolls, pineapple 6 milk PM Snack PM Snack PM Snack Cheese its 6 orange juice Chicken fried frice, eggrolls, pineapple 6 milk PM Snack Breakfast PM Snack Cheese its 6 orange juice Chicken fried frice, eggrolls, pineapple 6 milk PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mik PM Snack PM Snack PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mik PM Snack PM Snack PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mik PM Snack PM Snack PM Snack PM Snack PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mik Brits 6 cheese squares Peaches 8 pretzels Ritz 6 cheese squares Wheat thins 8 yogurt Phanksgiving Thanksgiving Thanksgiving	Week 2	4	5	6	7	8
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milk fruit 6 Milk fruit 6 Milk fruit 6 Milk fruit 6 Milk Meeks 11 12 13 14 15 Breakfast French toast 6 milk Cream of wheat 8 milk Cinnamon ratisin bread Pancakes, bananas 6 milk Cread w/ blueberries 6 milk AM Snack Cheese sticks 6 oranges Pita bread 6 hummus Apple aatmeal bars Strawberries 8 dip Applesauce 6 goldfish Crackers, oranges 8 milk Cream of wheat 8 milk PM Snack Raspberries 8 organge 9 milk Pita bread 8 hummus Apple aatmeal bars Strawberries 8 dip Applesauce 6 goldfish PM Snack PM Snack Pancakes, bananas 8 milk PM Snack Pancakes, bananas 8 milk PM Snack Pancake muffins 6 milk Pocare 19 20 21 22 Breakfast Pancake muffins 6 milk Pocare 9 fruit Pancaker 9 fruit Pancaker 9 fruit 9 milk PM Snack Cheese its 6 orange juice Club crackers 6 fruit Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 8 yogurt Lunch Sausage 8 potato soup, biscuits, fruit 6 milk PM Snack Pocare 9 froit 9 milk PM Snack Pocare 9	AM Snack	Pretzels, fruit & Cheese	Veggies & hummus	Bananas & grahams	Tortillas & sunbutter	Salami and crackers
Week 3 11 12 13 14 15 Breakfast French toast 6 milk Cream of wheat 6 milk Cinnamon raisin bread Pancakes, bananas 6 milk Cereal w/ blueberries 6 milk AM Snack Cheese sticks 8 oranges Pita bread 8 hummus Apple oatmeal bars Strawberries 8 dip Applesauce 6 goldfish Lunch Sweet potato bean chili, crackers, oranges 8 milk Chicken noodle soup, bananas 6 milk Tortellini alfredo, garlic bread, fruit 6 milk Ham, broccoli 6 rice casserole, fruit 6 milk Green chili corn chowder, fruit 6 milk PM Snack Raspberries 8 yogurt Pineapple 8 pretzels Smores snack mix Oranges 8 Saltines Banana, sun butter roll ups Week 4 18 19 20 21 22 Breakfast Pancake muffins 8 milk Yogurt, strawberries 8 milk Croissants with jelly 6 milk Cereal, fruit 6 milk Breakfast quesadilla AM Snack Cheese its 6 orange juice Club crackers 8 fruit Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Lunch Sausage 6 potato soup, biscuits, fruit 8 milk Chicken fried rice, eggrolls, pineapple 8 milk Ham sandwiches, peas, f	Lunch			Nachos, veggies, fruit 8 milk		
Breakfast French toast 8 milk Cream of wheat 8 milk AM Snack Cheese sticks 6 oranges Pita bread 6 hummus Apple oatmeal bars Strawberries 8 dip Applesauce 8 goldfish Apple oatmeal bars Strawberries 8 dip Applesauce 8 goldfish Cunch Sweet potato bean chili, crackers, oranges 8 milk PM Snack Raspberries 8 yogurt Pineapple 6 pretzels Smores snack mix Oranges 6 Saltines Banana, sun butter roll ups Week 4 18 19 20 21 22 Breakfast Pancake muffins 8 milk Yogurt, strawberries 6 milk Croissants with jelly 6 milk PM Snack Cheese its 8 orange juice Club crackers 6 fruit Bunny grahams 8 bananas Rice cakes 8 applesauce Dried apples 8 yogurt PM Snack Broccol 6 ranch Sweet potato fries 8 ketchup Berry fruit salda Carrot sticks 6 ranch Trail mix Week 5 25 26 26 27 28 29 Breakfast Yogurt, granola 6 milk English muffins w/s ausage potty 6 milk Snack Peaches 6 pretzels Fish sticks, corn, apples 8 milk Spaghettios, green beans, fruit 6 milk Smilk Smilk Spaghettios, green beans 8 Milk Snack Peaches 6 pretzels Fish sticks, corn, apples 8 milk Spaghettios, green beans 8 Milk Spaghettios, gre	PM Snack	Cucumbers & ranch	Applesauce & Ritz	Fig newtons & Milk	Tater tots & ketchup	Apples and cheese
AM Snack Lunch Sweet potato bean chili, crackers, oranges 6 milk PM Snack Raspberries 6 yogurt Pineapple 6 pretzels Breakfast Lunch Successits 6 orange in inchessits 6 milk PM Snack Am Snack Broccoli 6 rice casserole, fruit 6 milk Fineapple 6 pretzels Breakfast PM Snack Broccoli 6 rice casserole, fruit 6 milk Fineapple 6 pretzels Smores snack mix Crackers, oranges 6 Saltines Banana, sun butter roll ups Breakfast Pancake muffins 6 milk PM Snack Cheese its 6 orange juice Club crackers 6 fruit Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 applesauce Dried apples 6 yogurt Bunny grahams 6 bananas Rice cakes 6 pretavels Bunny grahams 6 bananas Rice ca	Week 3	11	12	13	14	15
Lunch Sweet potato bean chili, crackers, oranges 6 milk PM Snack Raspberries 6 yogurt Pineapple 8 pretzels Smores snack mix Oranges 6 Saltines Banana, sun butter roll ups Week 4 18 19 20 21 22 Breakfast Pancake muffins 6 milk Yogurt, strawberries 6 milk AM Snack Cheese its 6 orange juice Club crackers 8 fruit Bunny grahams 8 bananas Eunch Sausage 6 potato soup, biscuits, fruit 8 milk PM Snack Broccoli 6 ranch Sweet potato fries 6 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mix Week 5 25 26 27 28 29 Breakfast Yogurt, granola 6 milk Peaches 8 pretzels Ritz 8 cheese squares Wheat thins 6 yogurt Fish sticks, corn, apples 6 milk Spaghettios, green beans 6 milk	Breakfast	French toast & milk	Cream of wheat & milk	Cinnamon raisin bread	Pancakes, bananas & milk	Cereal w/ blueberries & milk
Crackers, oranges 8 milk bananas 6 milk fruit 6 milk fruit 6 milk fruit 6 milk fruit 6 milk tortillas, fruit 8 milk PM Snack Raspberries 8 yogurt Pineapple 8 pretzels Smores snack mix Oranges 8 Saltines Banana, sun butter roll ups Week 4 18 19 20 21 22 Breakfast Pancake muffins 8 milk Yogurt, strawberries 8 milk Croissants with jelly 8 milk Cereal, fruit 8 milk Breakfast quesadilla AM Snack Cheese its 6 orange juice Club crackers 8 fruit Bunny grahams 8 bananas Rice cakes 8 applesauce Dried apples 8 yogurt Lunch Sausage 8 potato soup, biscuits, fruit 9 milk pineapple 6 mil	AM Snack	Cheese sticks & oranges	Pita bread & hummus	Apple oatmeal bars	Strawberries & dip	Applesauce & goldfish
Week 4 18 19 20 21 22 Breakfast Pancake muffins 6 milk Yogurt, strawberries 8 milk Croissants with jelly 6 milk Cereal, fruit 6 milk Breakfast quesadilla AM Snack Cheese its 8 orange juice Club crackers 8 fruit Bunny grahams 8 bananas Rice cakes 8 applesauce Dried apples 8 yogurt Lunch Sausage 6 potato soup, biscuits, fruit 8 milk Chicken fried rice, eggrolls, pineapple 9 milk Ham sandwiches, peas, fruit 6 milk Pancakes, bacon, fruit 6 milk Pesto pizza pasta, Corn, Fruit 8 Milk PM Snack Broccoli 6 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 6 ranch Trail mix Week 5 25 26 27 28 29 Breakfast Yogurt, granola 8 milk English muffins w/ sausage patty 8 milk French toast 6 milk Closed Closed AM Snack Peaches 8 pretzels Ritz 6 cheese squares Wheat thins 6 yogurt Happy For Lunch Quesadillas, green beans, fruit 6 milk Spaghettios, green beans 6 Milk Spaghettios, green beans 6 Milk Thanksgiving Thanksgiving	Lunch		Chicken noodle soup, saltines, bananas & milk			
BreakfastPancake muffins θ milkYogurt, strawberries θ milkCroissants with jelly θ milkCereal, fruit θ milkBreakfast quesadillaAM SnackCheese its θ orange juiceClub crackers θ fruitBunny grahams θ bananasRice cakes θ applesauceDried apples θ yogurtLunchSausage θ potato soup, biscuits, fruit θ milkChicken fried rice, eggrolls, pineapple θ milkHam sandwiches, peas, fruit θ milkPancakes, bacon, fruit θ milkPesto pizza pasta, Corn, Fruit θ milkPM SnackBroccoli θ ranchSweet potato fries θ ketchupBerry fruit saladCarrot sticks θ ranchTrail mixWeek 52526272829BreakfastYogurt, granola θ milkEnglish muffins w/ sausage patty θ milkFrench toast θ milkClosedClosedAM SnackPeaches θ pretzelsRitz θ cheese squaresWheat thins θ yogurtHappyForLunchQuesadillas, green beans, fruit θ milkSpaghettios, green beans θ MilkThanksglvingThanksglving	PM Snack	Raspberries & yogurt	Pineapple & pretzels	Smores snack mix	Oranges & Saltines	Banana, sun butter roll ups
AM Snack Cheese its 8 orange juice Club crackers 8 fruit Bunny grahams 8 bananas Rice cakes 8 applesauce Dried apples 8 yogurt Ham sandwiches, peas, fruit 8 milk Pancakes, bacon, fruit 8 milk Pancakes, bacon, fruit 8 milk Pesto pizza pasta, Corn, Fruit 8 milk Carrot sticks 8 ranch Trail mix French toast 8 milk AM Snack Peaches 8 pretzels Ritz 8 cheese squares Fish sticks, corn, apples 8 milk Spaghettios, green beans 8 Milk Spaghettios, green beans 8 Milk Thanksglving Thanksglving Thanksglving	Week 4	18	19	20	21	22
Lunch Sausage & potato soup, biscuits, fruit & milk PM Snack Broccoli & ranch Sweet potato fries & ketchup Berry fruit salad Carrot sticks & ranch Trail mix Week 5 Breakfast Yogurt, granola & milk Pesto pizza pasta, Corn, Fruit & milk Nilk English muffins w/ sausage patty & milk AM Snack Peaches & pretzels Ritz & cheese squares Ritz & cheese squares Wheat thins & yogurt Amage of the potato fries & milk Spaghettios, green beans & milk Spaghettios, green beans & milk Meak Spaghettios, green beans & milk Meak Spaghettios, green beans & milk Meak Spaghettios, green beans & milk Milk Pesto pizza pasta, Corn, Fruit & milk Well & milk Pesto pizza pasta, Corn, Fruit & milk Milk Pancakes, bacon, fruit & milk Milk Pesto pizza pasta, Corn, Fruit & milk Milk Pancakes, bacon, fruit & milk Milk Pancakes, bacon, fruit & milk Milk Pesto pizza pasta, Corn, Fruit & milk Milk Pesto pizza pasta, Corn, Fruit & milk Milk Pesto pizza pasta, Corn, Fruit & milk Nilk Pancakes, pack, fruit & milk Milk Pesto pizza pasta, Corn,	Breakfast	Pancake muffins & milk	Yogurt, strawberries & milk	Croissants with jelly & milk	Cereal, fruit 8 milk	Breakfast quesadilla
biscuits, fruit 8 milk pineapple 8 milk milk 8 Milk PM Snack Broccoli 8 ranch Sweet potato fries 8 ketchup Berry fruit salad Carrot sticks 8 ranch Trail mix Week 5 25 26 27 28 29 Breakfast Yogurt, granola 8 milk English muffins w/ sausage patty 8 milk AM Snack Peaches 8 pretzels Ritz 8 cheese squares Wheat thins 8 yogurt Happy For Lunch Quesadillas, green beans, fruit 8 milk Spaghettios, green beans 9 Milk	AM Snack	Cheese its 8 orange juice	Club crackers & fruit	Bunny grahams & bananas	Rice cakes & applesauce	Dried apples & yogurt
Week 5 25 26 27 28 29 Breakfast Yogurt, granola θ milk English muffins w/ sausage patty θ milk French toast θ milk Closed Closed AM Snack Peaches θ pretzels Ritz θ cheese squares Wheat thins θ yogurt Happy For Lunch Quesadillas, green beans, fruit θ milk Fish sticks, corn, apples θ milk Milk Spaghettios, green beans θ Milk Thanksgiving Thanksgiving	Lunch	Sausage & potato soup, biscuits, fruit & milk	Chicken fried rice, eggrolls, pineapple & milk		Pancakes, bacon, fruit & milk	Pesto pizza pasta, Corn, Fruit & Milk
BreakfastYogurt, granola θ milkEnglish muffins w/ sausage patty θ milkFrench toast θ milkClosedAM SnackPeaches θ pretzelsRitz θ cheese squaresWheat thins θ yogurtHappyForLunchQuesadillas, green beans, fruit θ milkFish sticks, corn, apples θ milk θ milkSpaghettios, green beans θ MilkThanksgiving Milk	PM Snack	Broccoli & ranch	Sweet potato fries & ketchup	Berry fruit salad	Carrot sticks & ranch	Trail mix
AM Snack Peaches 8 pretzels Ritz 8 cheese squares Wheat thins 8 yogurt Happy For Lunch Quesadillas, green beans, fruit 8 milk Spaghettios, green beans 8 Milk Milk Thanksgiving Thanksgiving	Week 5	25		27	28	29
Lunch Quesadillas, green beans, fruit 8 milk Quesadillas, green beans, fruit 8 milk Spaghettios, green beans 8 Milk Thanksgiving Thanksgiving			patty & milk			
8 milk Milk	AM Snack	•	· · · · · · · · · · · · · · · · · · ·	, 0		
PM Snack No bake cookies Apples 8 pirates booty Bananas 8 veggie straws Break	Lunch		Fish sticks, corn, apples 8 milk	Spaghettios, green beans 8 Milk	<u>Thanksgiving</u>	<u>Thanksgiving</u>
	PM Snack	No bake cookies	Apples & pirates booty	Bananas & veggie straws		Break