

# COVENANT SCHOOLS DEL NORTE

## August 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Hash Browns w/ Ketchup & Milk	Sausage English Muffin & Milk	Cereal, Fruit & Milk	Yogurt, Fruit & Milk	Biscuit w/Jelly & Milk
Am Snack	Yogurt & Grahams	Hummus & Carrot Sticks	Pretzel Bites	Goldfish & Applesauce	Bananas & Grahams
Lunch	Pepperoni Bagel Bites, Fruit & Milk	Ham & Cheese Roll Up, Apples & Milk	Wow Butter & Jelly Sandwich, Potato Smiles & Milk	Chicken Patties w/ Gravy, Green Beans & Milk	Bean & Cheese Nachos, Cantaloupe & Milk
B	Watermelon & Saltines	Pineapple & Cheerios	String Cheese & Apples	Trail Mix	Raspberries & Cream
Week 2	10	11	12	13	14
Breakfast	Cereal & Milk	Egg Burrito & Milk	Cream of Wheat & Milk	Pancakes, Fruit & Milk	Toast w/ Jelly & Milk
AM Snack	Apples & Cheese	Celery & Cream Cheese	Cinnamon Toast	Bell Peppers & Ranch	Pretzels & Wow Butter
Lunch	Loaded Baked Potato Soup, Pita & Milk	Beef a Roni, Garlic Bread, Fruit & Milk	Quesadilla, Fruit & Milk	BBQ Chicken Sandwich, Fruit & Milk	Chef Salad, Breadsticks, Fruit and Milk
PM Snack	Pepperoni & String Cheese	Trail Mix	Fruit Leather	Chips & Salsa	Apples & Grahams
Week 3	17	18	19	20	21
Breakfast	Bagel w/ Cream Cheese & Milk	Oatmeal & Milk	Yogurt, Fruit & Milk	Cereal & Milk	Sausage & Tortilla & Milk
AM Snack	Goldfish & Juice	Applesauce & Wheat Thins	Pretzel Bites & Cheese	Granola Bars & Milk	Yogurt & Fruit
Lunch	Turkey Sandwich, Cantaloupe, & Milk	Macaroni & Cheese, Salad & Milk	Pancakes, Fruit & Milk	Spaghetti, Salad, & Milk	Bean & Cheese Burrito, Fruit & Milk
PM Snack	Bell Peppers & Ranch	Cheerios & Pineapple	Soft Ice Cream	Trail Mix	Watermelon & Crackers
Week 4	24	25	26	27	28
Breakfast	Waffles, Fruit & Milk	Cereal, Fruit & Milk	Egg Burritos & Milk	Cheese Toast & Milk	Oatmeal & Milk
AM Snack	Bagel w/ Cream Cheese	Cheese & Crackers	Cantaloupe & Saltines	Applesauce & Grahams	Yogurt & Banana
Lunch	Taco Salad, Fruit & Milk	Corn Dogs, Carrot Sticks, Fruit & Milk	Alfredo, Salad, Bread Sticks & Milk	Hamburger, Pickles, Fruit & Milk	Grilled Cheese, Chips, Fruit & Milk
PM Snack	Animal Crackers & Milk	Rice Cakes	Pretzels & Wow Butter	Fig Newtons	Veggies and Ranch
Week 5	31				
Breakfast	Pancakes, Fruit & Milk				
AM Snack	String Cheese & Pretzels	Highlighted Items in Yellow are in Celebration of			
Lunch	Fisk Sticks, Green Beans, Fruit & Milk	National Days			
	Trail Mix				