

COVENANT SCHOOLS DEL NORTE, L.L.C.

August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast	Highlighted Days			Yogurt, Mango, and Milk	Cream of Wheat, Blueberries, and Milk
AM Snack	Indicate			Pretzels and Apples	Watermelon and Cheerios
Lunch	National Food			Meat Loaf, Mashed Potatoes, Green Beans, and Milk	Chicken Fajitas with Bell Peppers, Tortillas, Fruit, and Milk
PM Snack	Days			Trail Mix and Oranges	Cheese-Its
Week 2	5	6	7	8	9
Breakfast	Hashbrowns, Banana's, and Milk	Pancakes, Sausage, and Milk	Cereal, Fruit, and Milk	Banana Muffins and Milk	Bagel with Jelly and Milk
AM Snack	Apples and Saltines	Chex Mix and Juice	Tortilla Roll-Ups	Cantaloupe and Goldfish	Strawberries and Animal Crackers
Lunch	Spaghetti, Peas, Fruit, and Milk	Ham Sandwiches, French Fries, Fruit, and Milk	Baked Chicken Parmesan, Noodles, Pineapple, and Milk	Broccoli Cheese Soup, Crackers, Watermelon, and Milk	Meatballs, String Beans, Garlic Bread, and Milk
PM Snack	Cheese and Pretzels	Bananas and Graham Crackers	Cream of Wheat Muffins, and Milk	Veggie Straws and Oranges	Rice Pudding
Week 3	12	13	14	15	16
Breakfast	French Toast and Milk	Cream of Wheat, Blueberries, and Milk	Breakfast Burritos, Fruit, and Milk	Cereal, Fruit, and Milk	Yogurt, Fruit, and Milk
AM Snack	Cereal Bars	String Cheese and Apples	Oatmeal Muffins and Milk	Apple Sauce and Crackers	Bananas and Cheerios
Lunch	Fried Rice with Chicken, Fruit, and Milk	Hamburgers, Broccoli, Chips, and Milk	Ravioli, Peas, Fruit, and Milk	Pancakes, Fruit, Sausage, and Milk	Wow Butter and Jelly Sandwiches, Oranges, Tater Tots, and Milk
PM Snack	Cantaloupe and Crackers	Pudding	Trail Mix	Tortilla Roll-Ups	Pretzels and Juice
Week 4	19	20	21	22	23
Breakfast	Cereal, Fruit, and Milk	Toast with Jelly and Milk	French Toast, Fruit, and Milk	Oatmeal Muffins, Bananas, and Milk	Egg Burritos, Fruit, and Milk
AM Snack	String Cheese and Cantaloupe	Yogurt and Bananas	Veggie Sticks and Ranch	Apples and Wow Butter	Cheese-Its
Lunch	Mac-N-Cheese, Peas, Strawberries, and Milk	Chicken Nuggets, Baked Beans, Fruit, and Milk	Beef-A-Roni, Green Beans, Fruit, and Milk	Quesadillas, Carrots, Fruit, and Milk	Chicken and Rice Casserole, Fruit, and Milk
PM Snack	Peaches and Animal Crackers	Cucumbers and Crackers	Oranges and Triscuits	Alphabet Crackers and Milk	Fruit and Graham Crackers
Week 5	26	27	28	29	30
Breakfast	Yogurt, Fruit, and Milk	Egg Bites and Juice	Cherry Turnover , and Milk	Cereal, Fruit, and Milk	Bagels with Cream Cheese, Fruit, and Milk
AM Snack	Cinnamon Apples	Watermelon and Goldfish	Wheat Thins and Cream Cheese	Cheddar Cheese Squares and Crackers	Oranges and Pretzels
Lunch	Sloppy Joes, Tater Tots, Corn, and Milk	Chicken Noodle Soup, Crackers, Fruit, and Milk	Tater Tot Casserole with Mixed Veggies, Fruit, and Milk	Chop-Suey , Rice, Peaches, and Milk	Bean Burritos, Calabacitas, Fruit, and Milk
PM Snack	Pudding	Tortilla and Cheese	Pineapple and Graham Crackers	Cereal Bars	String Cheese and Triscuits