



COVENANT SCHOOLS DEL NORTE, L.L.C



January 2018 MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|--|--|
| Week 1 | 1 | 2 | 3 | 4 | 5 |
| Breakfast | NO SCHOOL | Wow Butter & Toast, Fruit & Milk | Cereal, Fruit & Milk | Oatmeal, Fruit & Milk | Cinnamon Toast, Fruit & Milk |
| AM Snack | HAPPY | Bananas & Grahams | Pretzels & Oranges | Fruit & Crackers | Bananas & Wow Butter |
| Lunch | NEW YEAR!! | Spanish Rice w/Beef, Corn, Fruit & Milk | Tuna Casserole, Mix Veggies, Fruit & Milk | Spaghetti w/Meat Sauce, Salad, Fruit & Milk | Chicken Noodle Soup, Crackers, Fruit & Milk |
| PM Snack | | Quesadillas & Apples | Animal Crackers & Bananas | Applesauce & Goldfish | Trail Mix & Juice |
| Week 2 | 8 | 9 | 10 | 11 | 12 |
| Breakfast | Biscuits & Gravy, Fruit & Milk | Cereal, Fruit & Milk | French Toast Sticks, Fruit & Milk | Cheese Toast, Fruit & Milk | Cream of Wheat, Fruit & Milk |
| AM Snack | Oranges & Celery | Yogurt & Grahams | Peaches & Crackers | Pretzels & Apples | Tortillas & Cheese |
| Lunch | Nachos, Salad. Fruit & Milk | Mac & Cheese, Green Beans, Fruit & Milk | Hamburgers, Lettuce, Tomato, Fruit & Milk | Green Chile Chicken Stew, Tortilla, Fruit & Milk | Chef Salad, Breadsticks, Fruit & Milk |
| PM Snack | Applesauce & Pretzels | Trail Mix & Juice | Bananas & Pretzels | Brownies & Milk | Apple & WOW Butter & Crackers |
| Week 3 | 15 | 16 | 17 | 18 | 19 |
| Breakfast | NO SCHOOL | Cereal, Fruit & Milk | Yogurt, Bananas & Milk | Biscuits w/ Jelly, Fruit & Milk | Cinnamon Toast, Fruit & Milk |
| AM Snack | | Goldfish & Apples | Oranges & Crackers | Cheese & Pretzels | Veggie Sticks & Crackers |
| Lunch | MLK DAY!! | Grilled Cheese, Tomato Soup, Fruit & Milk | Corn Dogs, Baked Beans, Fruit & Milk | WOW Butter & Jelly Sandwiches, Chips, Fruit & Milk | Chicken Nuggets, Corn, Fruit & Milk |
| PM Snack | | Fig Newtons & Milk | Cheese Its & Apples | Trail Mix & Juice | Rice Crispy Treats & Milk |
| Week 4 | 22 | 23 | 24 | 25 | 26 |
| Breakfast | Oatmeal, Fruit & Milk | Waffles, Fruit & Milk | Cereal, Fruit & Milk | Cheese Toast, Fruit & Milk | Biscuit w/ Gravy, Fruit & Milk |
| AM Snack | Apples & TH Crackers | Cinnamon Toast & Juice | Celery w/ WOW Butter & Crackers | Yogurt & Grahams | Pretzels & Bananas |
| Lunch | Bean Burritos w/ Cheese, Oranges & Milk | Meatballs w/Gravy, Rice, Fruit & Milk | Red Chile Enchiladas, Salad, Fruit & Milk | Tuna Sandwiches Chips, Fruit & Milk | Cheese Pizza, Cucumbers, Fruit & Milk |
| PM Snack | Pretzels & WOW Butter | Animal Crackers & Oranges | String Cheese & Crackers | WOW Butter & Jelly Roll Ups | Jello w/Fruit & Crackers |
| Week 5 | 29 | 30 | 31 | | |
| Breakfast | Yogurt, Fruit & Milk | Croissants w/Jelly, Fruit & Milk | French Toast, Fruit & Milk | | Highlighted Days are in Celebration of National Days! |
| AM Snack | Bagels w/ Cinnamon Sugar & Milk | Apples & String Cheese | Oranges & Saltines | | |
| Lunch | Corn Chip Pie, Salad, Fruit & Milk | BBQ Chicken Sandwiches, Chips, Fruit & Milk | Quesadillas, Mixed Veggies, Fruit & Milk | | |
| PM Snack | WOW Butter & Crackers | Veggie Sticks w/ Ranch & Crackers | Pudding & Grahams | | |