



COVENANT SCHOOLS DEL NORTE

March 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		Bagel w/ Jelly & Milk	Pancakes, Fruit & Milk	Oatmeal, Fruit, & Milk	Cinnamon Toast & Milk
AM Snack		Cheese & Pretzels	Strawberries & Vanilla Wafers	Apples & Sunflower Butter	Yogurt & Grahams
Lunch		Chicken Nuggets, Salad, Fruit & Milk	Fettuccine Alfredo, Green Beans, Fruit & Milk	Minestrone Soup, Crackers, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk
PM Snack		Hummus & Carrots	Cucumbers & Ranch	Trail mix	Chips & Salsa
Week 2	7	8	9	10	11
Breakfast	English Muffins w/ Jelly & Milk	Cereal, Fruit & Milk	Cream of Wheat & Milk	Cheese Toast, Juice & Milk	Bagel w/ Cream Cheese & Milk
AM Snack	Oranges & Saltines	Fig Newtons	Teddy Grams	Fruit & Crackers	Applesauce & Grahams
Lunch	Chicken Patties, Mashed Potatoes w/ Gravy, Fruit & Milk	Quesadillas, Salad, Fruit & Milk	Meatballs, Gravy, Rice, Fruit & Milk	Tuna Salad Sandwiches, Tater Tots, Fruit & Milk	Ravioli, Salad, Fruit & Milk
PM Snack	Carrots & Ranch	Granola Bar	Apples & Pretzels	Celery & Ranch	Rice Pudding
Week 3	14	15	16	17	18
Breakfast	Waffles, Bananas & Milk	Breakfast Burritos & Milk	Yogurt, Granola & Milk	Biscuits, Gravy & Milk	Oatmeal, Blueberries & Milk
AM Snack	Applesauce & Grahams	String Cheese & Pretzels	Oranges & Pretzels	Goldfish & Juice	Grahams & Milk
Lunch	Turkey Sandwiches, Chips, Fruit & Milk	French Toast Sticks, Sausage, Fruit & Milk	Corn Dogs, Carrot Sticks, Fruit & Milk	Vegetable Soup, Crackers, Fruit & Milk	Cheese Enchiladas, Spanish Rice, Fruit & Milk
PM Snack	Chex mix	Cookies & Milk	Ambrosia Salad	Smiley Fries w/ Ketchup	Carrots & Ranch
Week 4	21	22	23	24	25
Breakfast	Cinnamon Toast & Milk	Cereal, Bananas & Milk	Biscuits, Gravy & Milk	Waffles, Bananas & Milk	Cereal & Milk
AM Snack	Saltines & Cheese	Apples & Graham Cracker	Chex mix	Goldfish & Juice	Yogurt & Bananas
Lunch	Beef Stroganoff, Peas, Oranges & Milk	Cheese Pizza, Cucumbers, Fruit & Milk	Fish Sticks, Broccoli, Fruit & Milk	Chicken Salad Sandwiches, Carrots, Fruit & Milk	Spaghetti, Garlic Bread, Fruit & Milk
PM Snack	Graham Crackers	Pretzels & Juice	Oranges & Crackers	Cookies & Milk	Tortilla & Cheese
Week 5	28	29	30	31	
Breakfast	Breakfast Burritos & Milk	Hashbrowns w/ Ketchup & Milk	Cream of Wheat & Milk	Cereal, Fruit & Milk	Highlighted
AM Snack	Cinnamon Apples & Grahams	Fruit & Crackers	Animal Crackers & Milk	Pretzels & Hummus	Items
Lunch	Chicken Pot Pie, Strawberries & Milk	Mac n Cheese, Green Beans, Fruit & Milk	Hamburgers, Chips, Apples & Milk	Tomato Rice Soup, Crackers, Fruit & Milk	Are In
PM Snack	Cucumbers & Ranch	Rice Krispy Treats	Pretzels & String Cheese	Sweet Potato Chips	Celebration Of
					National Days

