



COVENANT SCHOOLS DEL NORTE, L.L.C.



October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		Egg and Cheese Biscuit, Oranges and Milk	Cereal, Peaches and Milk	Hash Browns, Apples and Milk	Cinnamon Roll, Banana and Milk
AM Snack		Goldfish and Juice	Saltines and Cheese Squares	Veggies and Ranch	Cheese It's and Fruit
Lunch		Chef's Salad, Crackers, Fruit and Milk	Quinoa Vegetable Stew, Fruit, Breadsticks, and Milk	Chicken Patty Sandwich, Peaches, Peas and milk	Sloppy Joes, Applesauce, Corn and Milk
PM Snack		Animal Crackers and Fruit	Trail Mix	Cereal Bars w/ Dried Fruit	Pretzels & Grape Juice
Week 2	7	8	9	10	11
Breakfast	French Toast, Strawberries and Milk	Yogurt Parfait and Milk	English Muffin with Sausage, Banana and Milk	Breakfast Burrito, Juice and Milk	
AM Snack	Animal Crackers and Juice	Pretzels and Cheese	String Cheese and Apple	Watermelon and Goldfish	CLOSED
Lunch	Veggie Egg Noodle Casserole, Mixed berries and Milk	Tuna Sandwich Tater Tots, Pineapple and Milk	Chicken Nuggets, Cucumbers, Mandarin Oranges and Milk	Quesadilla, Refried Beans, Fruit and Milk	FALL BREAK
PM Snack	Coconut Smoothie	Sweet Peppers and Ranch	Brownies and Milk	Triscuits and Cream Cheese	
Week 3	14	15	16	17	18
Breakfast	Biscuits and Gravy, Juice and Milk	Pancakes, Blueberries and Milk	Ham and Cheese Egg bites, Oranges, and Milk	Blueberry Bread and Milk	Bagel and Cream Cheese, Strawberries and Milk
AM Snack	Fruit Salad	Cottage Cheese and Peaches	Graham Crackers and Yogurt	Tortilla Roll Up	Apples with Carmel Dip
Lunch	Broccoli Cheese Soup, Cantaloupe, Crackers and Milk	Lettuce Wraps, Chips, Fruit and Milk	Chicken and Rice Soup, Crackers, Fruit and Milk	Pasta Day, Garlic Bread, Fruit and Milk	Turkey and Cheddar Sandwich, Tater Tots, Fruit and Milk
PM Snack	Sweet Pepper Poppers	Ants on a Log	Mozzarella Sticks	Pineapple Upside Down Cake	Granola bars
Week 4	21	22	23	24	25
Breakfast	Cereal, Fruit and Milk	Croissant with Jelly, Fruit and Milk	English Muffin, Fruit and Milk	Yogurt Parfait and Milk	
AM Snack	Cucumbers and Wheat Thins	Soft Pretzel with Cheese	String Cheese and Strawberries	Cinnamon Toast and Oranges	CLOSED
Lunch	Veggie Nachos, Black Beans, Apples and Milk	BLT Sandwich, Chips, Oranges and Milk	Chicken Wings, Celery and Carrot Sticks, Fruit and Milk	Veggie Lasagna Bread, Fruit and Milk	IN SERVICE DAY
PM Snack	Vanilla Wafers and Milk	Applesauce and Goldfish	Rice Crispy Treat and Milk	Veggie Sticks and Ranch	
Week 5	28	29	30	31	
Breakfast	Wow Butter Toast, Juice and Milk	Strawberry Oatmeal and Milk	Sausage with Tortilla, Fruit and Milk	Pumpkin Muffin and Milk	
AM Snack	Yogurt and Grahams	Banana and Wow Butter	Banana Bread	Veggie Sticks with Ranch	Highlighted Foods Indicate National Food Days
Lunch	Veggie Fried Rice, Egg Rolls, Fruit and Milk	Bean and Cheese Burrito, Salad, Fruit and Milk	Tilapia with Mango Salsa, Rice, Fruit and Milk	Cheese Pizza, Fruit and Milk	
PM Snack	String Cheese and Goldfish	Rice Cakes and Juice	Oatmeal Raisin Cookie and Milk	Trail mix	