



COVENANT SCHOOLS DEL NORTE, L.L.C.
September 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	NO	Oatmeal, Fruit & Milk	Waffles, Fruit & Milk	Cereal, Fruit & Milk	Bagels w/Cream Cheese, Fruit & Milk
AM Snack	SCHOOL	Pretzels & Cheese	Peaches & Crackers	Applesauce & Animal Crackers	Watermelon & Grahams
Lunch	LABOR DAY!!	Soft Tacos w/ Tomato, Lettuce, Cheese, Fruit & Milk	Cheese Pizza, Corn, Fruit & Milk	Tuna Casserole, Salad, Fruit & Milk	Southwestern Chicken Salad, Tortilla Chips, Fruit & Milk
PM Snack		Carrot Sticks, Crackers w/ Ranch	Trail Mix & Juice	Tortillas & Cheese	Chocolate Chip Banana Bread w/ Milk
Week 2	10	11	12	13	14
Breakfast	Cinnamon Toast, Fruit & Milk	Cream of Wheat, Fruit & Milk	Biscuits w/Jelly, Fruit & Milk	Egg Bites, Fruit & Milk	Yogurt w/Granola, Fruit & Milk
AM Snack	Yogurt w/Mandarin Oranges	Ants on a Log & Milk	Watermelon & Grahams	Bananas & Pretzels	Goldfish & Juice
Lunch	Spaghetti, Green Beans, Fruit & Milk	Teriyaki Chicken, Rice, Vegetables, Fruit & Milk	Scalloped Potatoes, Carrots, Fruit & Milk	Broccoli Cheese Soup, Crackers Fruit & Milk	Green Chile Chicken Alfredo, Breadsticks, Fruit & Milk
PM Snack	Cucumbers, Crackers & Ranch	Quesadillas & Juice	Apples w/WOW Butter & Crackers	Chocolate Pudding w/Wafers	Carrot Sticks, Ritz Crackers & Ranch
Week 3	17	18	19	20	21
Breakfast	Banana Crumble Muffins, Fruit & Milk	Egg & Cheese Burritos, Fruit & Milk	Cereal, Fruit & Milk	Oatmeal, Fruit & Milk	WOW Butter Bagels w/Strawberries & Milk
AM Snack	Cantaloupe & Grahams	Bananas & WOW Butter Sandwiches & Milk	Cinnamon Biscuits & Milk	Apples & String Cheese	Strawberries w/Grahams
Lunch	Chicken Nuggets, Corn, Fruit & Milk	Cheeseburgers, French Fries, Fruit & Milk	Tator Tot Casserole, Celery Sticks, Fruit & Milk	Egg Salad Sandwiches, Tator Tots, Fruit & Milk	Mac & Cheese, Broccoli, Fruit & Milk
PM Snack	Bell Peppers, Crackers & Ranch	Rice Krispy Treats w/Milk	Trail Mix & Juice	Pretzels & Oranges	Goldfish & Apples
Week 4	24	25	26	27	28
Breakfast	Cereal Bars, Fruit & Milk	Sausage Biscuits, Fruit & Milk	Breakfast Quesadillas, Fruit & Milk	Hash brown Casserole, Fruit & Milk	French Toast Casserole, Fruit & Milk
AM Snack	WOW Butter w/Jelly Tortillas & Milk	Cheese & Pretzels	Wheat Thins & Bananas	Yogurt w/Blueberries	Applesauce & Cheeze Itz
Lunch	Chef Salad, Breadsticks, Fruit & Milk	Meatball Sandwiches, Salad, Fruit & Milk	Pancakes, Sausage, Blueberries & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk	Red Beans & Rice, Salad, Fruit & Milk
PM Snack	Jell-O w/Fruit & Grahams	String Cheese & Crackers	Cheese Toast w/Fruit	Bananas & Chocolate Milk	Turkey & Cheese Roll Ups w/Juice
Week 5					
Breakfast	HIGHLIGHTED ITEMS ARE IN				
AM Snack	CELEBRATION OF NATIONAL				
Lunch	DAYS!!				
PM Snack					