



# COVENANT SCHOOLS DEL NORTE

## November 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Breakfast</b>		Yogurt w/ Granola & Milk	Cereal & Milk	French Toast & Milk	Cinnamon Toast & Milk
<b>AM Snack</b>		Muffins & Milk	Pretzels & String Cheese	Bunny Grahams	Granola Bars
<b>Lunch</b>		Chicken Noodle Soup, Crackers, Fruit & Milk	Vegetable Soup, Saltines, Fruit & Milk	Turkey Sandwiches, Ruffles, Fruit & Milk	Corn Dogs, Carrots, Fruit & Milk
<b>PM Snack</b>		Applesauce & Crackers	Animal Crackers & Milk	Cookies & Milk	Goldfish & Juice
<b>Week 2</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Breakfast</b>	Waffles, Syrup & Milk	Burritos & Milk	Cream of Wheat & Milk	Pancakes, Syrup & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Oranges & Pretzels	Bananas & Grahams	Ritz & Applesauce	Yogurt & Animal Crackers	Pineapple & Crackers
<b>Lunch</b>	Broccoli Cheese & Potato Soup, Crackers, Fruit & Milk	Fish Sticks, Broccoli, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk	Chicken Nuggets, Corn, Fruit & Milk	Quesadillas, Cucumbers, Fruit & Milk
<b>PM Snack</b>	Fig Newton	Trail Mix	Pita Chips & Hummus	Fruit Cocktail & Grahams	Pretzel & Pears
<b>Week 3</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Breakfast</b>	Oatmeal, Fruit & Milk	Yogurt & Milk	Toast w/ Jelly & Milk	Waffles, Syrup & Milk	French Toast & Milk
<b>AM Snack</b>	Peaches & Saltines	Fruit Cocktail & Pretzels	Saltines & Cheese	Bananas & Grahams	Pretzels & Juice
<b>Lunch</b>	Sloppy Joes, Tater Tots, Fruit & Milk	Tuna Sandwiches, Carrots, Fruit & Milk	Green Chile Stew, Tortilla, Fruit & Milk	Cheese Pizza, Salad, Fruit & Milk	Baked Potato Soup, Saltines, Fruit & Milk
<b>PM Snack</b>	Cucumbers & Ranch	Chex Mix	Goldfish & Apples	Celery & Ranch	Vanilla Wafers & Milk
<b>Week 4</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Breakfast</b>	Hashbrowns, Ketchup & Milk	Cereal, Fruit & Milk	Yogurt w/ Granola & Milk	<b>CLOSED</b>	<b>CLOSED</b>
<b>AM Snack</b>	Wheat Thins & Oranges	Pears & TH Crackers	Goldfish	<b>FOR</b>	<b>FOR</b>
<b>Lunch</b>	Chicken Pot Pie Casserole, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Chicken Orzo Soup, Crackers, Fruit & Milk	<b>THANKSGIVING</b>	<b>THANKSGIVING</b>
<b>PM Snack</b>	Cheez Its	Applesauce & Pretzels	Pudding & Animal Crackers	<b>BREAK</b>	<b>BREAK</b>
<b>Week 5</b>	<b>28</b>	<b>29</b>	<b>30</b>		
<b>Breakfast</b>	French Toast & Milk	Oatmeal & Milk	Cereal & Milk	Highlighted	
<b>AM Snack</b>	Nutri-Grain Bars	Cheese & Crackers	Yogurt & Pretzels	Items are	
<b>Lunch</b>	Breakfast Casserole, Fruit & Milk	Chicken Tortilla Soup, Fruit & Milk	White Bean Chili, Cornbread, Fruit & Milk	National	
<b>PM Snack</b>	Oranges & Grahams	Trail Mix	Tortillas & Jelly	Days	