



Covenant Schools Del Norte

September 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		Bagels w/cream cheese & milk	Waffles, Fruit & Milk	Cream of Wheat, Fruit & Milk	Egg Burritos Juice & Milk
Am Snack	Highlighted Items are in Celebration of	Watermelon & Saltines	Yogurt & Bananas	Peaches & Grahams	Pretzels & String Cheese
Lunch	National Days	Wow Butter Sandwich, Potato Smiles, Fruit & Milk	Chicken Nuggets, Green Beans, Fruit & Milk	Cheese Pizza, Fruit & Milk	Spanish Rice w/Beef, Salad, Cantaloupe & Milk
B		Applesauce & Goldfish	Cucumbers & Rice Cakes	Trail Mix	Fruit & Crackers
Week 2	7	8	9	10	11
Breakfast		Yogurt, Fruit & Milk	Pancakes w/ Fruit & Milk	Oatmeal w/ Blueberries & Milk	Cereal, Fruit & Milk
AM Snack	Closed in Observance of	Fresh Fruit & Crackers	Pepperoni & Wheat Thins	Cinnamon Toast & Oranges	Bananas & Yogurt
Lunch	Labor Day	Loaded Baked Potato Soup, Breadsticks, Fruit & Milk	Spaghetti, Salad, Fruit & Milk	Chicken Fried Rice w/Veggies, Pineapple & Milk	Grilled Cheese, French Fries, Fruit & Milk
PM Snack		Ants on a Log	Hummus & Pita	Fig Newtons	Fruit Roll Up
Week 3	14	15	16	17	18
Breakfast	Cream of Wheat, Fruit & Milk	Cheese Toast, Fruit & Milk	Cereal, Fruit & Milk	Egg Burrito, Juice & Milk	Yogurt, Blueberries & Milk
AM Snack	Bagel w/ Cream Cheese	Bananas & Cheerios	Animal Crackers & Milk	Applesauce & Goldfish	Pretzels & Oranges
Lunch	BBQ Sandwich, Corn, fruit & Milk	Meatballs w/Gravy, Mashed Potatoes, Fruit & Milk	Cheese Quesadilla, Cucumbers, Fruit & Milk	Chef's Salad w/Turkey & Cheese, Croutons, Fruit & Milk	Cheeseburger, Chips, Fruit & Milk
PM Snack	Watermelon & Saltines	Trail Mix	Wow Butter & Pretzels	Cereal Bars & Milk	Bell Peppers & Ranch
Week 4	21	22	23	24	25
Breakfast	Cereal, Fruit & Milk	Bagel w/ Cream Cheese, Fruit & Milk	French Toast Sticks, Fruit & Milk	Hash Browns, Fruit & milk	Yogurt, Fruit & Milk
AM Snack	Yogurt & Blueberries	Cheerios & Peaches	Wow Butter & Apples	Cheese & Crackers	Fresh Fruit & Grahams
Lunch	Fettuccine Alfredo, Breadsticks, Fruit & Milk	Cheese Enchiladas, Pinto Beans, Fruit & Milk	Chicken Pot Pie, Fruit & Milk	Fish Sticks, Mixed Veggies, Fruit & Milk	Frito Pie, Salad, Fruit & Milk
PM Snack	Granola Bars	Veggie Sticks & Ranch	Trail Mix	Fresh Fruit & Crackers	Oatmeal Cookie & Milk
Week 5	28	29	30		
Breakfast	Oatmeal, Fruit & Milk	Sausage Tortilla, Fruit & Milk	Cereal, Fruit & Milk		
AM Snack	String Cheese & Pretzels	Fresh Fruit & Crackers	Wow Butter & Apples		
Lunch	Bean & Cheese Burrito, Salad, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk	Macaroni & Cheese, Peas, Fruit & Milk		
	Strawberries & Cream	Cheese & Triscuits	Trail Mix & Juice		