



COVENANT SCHOOLS DEL NORTE, L.L.C.

September 2019

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Week 1					
Breakfast	CLOSED	Cream of Wheat, Blueberries, and Milk	Breakfast Burrito and Juice	Cereal, Fruit, and Milk	Eggs with Tortillas and Milk
AM Snack	FOR	Watermelon and Veggie Straws	Fruit and Kix Cereal	Yogurt and Blueberries	Pretzels and Apples
Lunch	LABOR	Wow Butter & Jelly Sandwiches, French Fires, Fruit, and Milk	Breaded Chicken, Green Beans, Mashed Potatoes, Gravy, and Milk	Bagel Pizza, Corn, Watermelon, and Milk	Turkey Wraps, Veggie Sticks with Ranch, Chips, and Milk
PM Snack	DAY	Apple Sauce and Gold Fish	Cucumbers and Rice Cakes	Wow Butter Energy Bites and Milk	Crackers and Cream Cheese
Week 2	9	10	11	12	13
Breakfast	Cereal, Fruit, and Milk	Pancakes, Fruit, and Milk	Tortilla and Sausage and Milk	Hard Boiled Eggs, Toast, and Milk	English Muffins, Fruit, and Milk
AM Snack	Tortilla Roll-Ups	Bananas and Cherrios	Bagels and Cream Cheese	Fruit Salad and Cheese	Crackers and Wow Butter
Lunch	Salisbury Steak, Mixed Veggies, Rice, and Milk	Pigs in a Blanket , Tater Tots, Peas, and Milk	Frito Pie, Apples, Carrots, and Milk	Veggie Burgers, Fruit, Cucumbers, and Milk	Pasta Salad with Turkey, Dinner Rolls, Fruit, and Milk
PM Snack	Oranges and Crackers	Nectarines and Pretzels	Yogurt and Dried Fruit	Chocolate Milkshakes and Animal Cookies	Natural Fruit Roll-Ups
Week 3	16	17	18	19	20
Breakfast	Breakfast Burrito and Juice	Cream of Wheat, Peaches, and Milk	Waffles, Pears, and Milk	Yogurt Parfait and Milk	Cereal, Fruit, and Milk
AM Snack	Apples and Crackers	Fruit Salad and Animal Crackers	Veggies with Ranch	Nectarines and Cheese Squares	Wheat Thins and Cucumbers
Lunch	Spaghetti Pie, Green Beans, Garlic Bread, and Milk	Chicken Pasta with Veggies and Milk	Cheeseburger , Fruit, Broccoli, and Milk	Italian Chicken Bites, Salad, and Milk	Veggie Stir Fry, Rice, Pineapples, and Milk
PM Snack	Plums and Graham Crackers	Cottage Cheese and Peached	Fruit and Pretzels	Trail Mix	Apple Crisp
Week 4	23	24	25	26	27
Breakfast	Cinnamon Toast, Strawberries, and Milk	Blueberry Muffins and Milk	Cereal and Milk	Bagels with Strawberry Cream Cheese and Milk	Banana Bread and Milk
AM Snack	Townhouse Crackers with Wow Butter	Cheese-Its	Oranges and Crackers	Pretzels and String Cheese	Cereal Bar and Milk
Lunch	Grilled Cheese, Tomato Soup, and Milk	Meatloaf, Green Beans, Mashed Potatoes	Mac-N-Cheese, Peas, and Apples	Chili. Carrots, Biscuits, and Milk	Chicken Nuggets, Mixed Veggies, and Mandarins
PM Snack	Fruit Smoothie	Strawberries with Cream	Fruit Salad	Key-Lime Pie and Milk	Veggies and Cheese
Week 5	30				
Breakfast	Cereal, Fruit, and Milk				
AM Snack	Tortillas with Wow Butter				
Lunch	Chicken Pot Pie, Fruit Salad, and Milk				
PM Snack	Biscuits with Cinnamon				