



COVENANT SCHOOLS DEL NORTE July 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Cinnamon Raisin Toast & Milk	Closed	Oatmeal, Fruit & Milk	Biscuits w/ Jelly & Milk	Tortilla w/ Sausage & Milk
AM Snack	Bunny Grahams	For	Tortilla & Cheese	Yogurt & Cheerios	Smiley Fries & Ketchup
Lunch	Red Chile Chicken Enchiladas, Fruit & Milk	Independence	Chili, Cornbread, Apples & Milk	BBQ Chicken Sandwiches, Chips, Fruit & Milk	Macaroni Salad, Breadsticks, Fruit & Milk
PM Snack	Tortilla Chips & Queso	Day!	Mixed Fruit & Grahams	Carrots, Saltines & Hummus	Granola Bars & Milk
Week 2	10	11	12	13	14
Breakfast	Pancakes & Milk	Breakfast Burritos & Milk	Yogurt w/ Granola & Milk	Cereal, Fruit & Milk	Cheese Toast & Milk
AM Snack	Strawberries & Grahams	Chexmix	Pretzel Bites & Nacho Cheese	Tortilla & Jelly	Pretzels & Juice
Lunch	Fish Sticks, Broccoli, Fruit & Milk	Taco Salad, Apples, Tortilla & Milk	Chicken & Rice Burrito Bowl, Fruit & Milk	Sloppy Joes, Tator tots, Fruit & Milk	Chicken Nuggets, Veggies, Fruit & Milk
PM Snack	Muffins & Milk	Peaches & Ritz	Teddy Grahams	Cheez Its & Apples	Carrots & Ranch
Week 3	17	18	19	20	21
Breakfast	Waffles & Milk	Cereal, Fruit & Milk	Biscuits w/ Jelly & Milk	French Toast Sticks & Milk	Hashbrowns & Milk
AM Snack	Pirate Booty	Bananas & Grahams	Tortilla & Cheese	Goldfish & Apple Juice	Blueberry Muffins & Milk
Lunch	Tator Tot Casserole, Fruit & Milk	Spaghetti, Greens Beans, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Pesto Tortellini, Garlic Bread, Fruit & Milk	Turkey Sandwiches, Ruffles, Fruit & Milk
PM Snack	Oranges & Townhouse Crackers	Trailmix	Applesauce & Pretzels	Mandarin Oranges & Animal Crackers	Cheese Squares & Ritz
Week 4	24	25	26	27	28
Breakfast	Pancakes & Milk	French Toast & Milk	Oatmeal, Fruit & Milk	Cereal & Milk	Yogurt, Banana & Milk
AM Snack	Pears & Animal Crackers	Yogurt & Saltines	Fig Newton	Oranges & Crackers	Dried Apples
Lunch	Alfredo Pasta w/ Broccoli Fruit & Milk	Corn Dogs, Carrots, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk	Frito Pie, Fruit & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk
PM Snack	Veggie Straws	String Cheese & Pepperoni	Watermelon & Ritz	Celery & Hummus	Nutri-grain Bars
Week 5	31				
Breakfast	Cereal & Milk	Highlighted Items			
AM Snack	Bananas & Saltines	Are In			
Lunch	Cheese Pizza, Salad, Fruit & Milk	Celebration Of			
PM Snack	Cantaloupe & Pretzels	National Days			