



COVENANT SCHOOLS DEL NORTE

June 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast	Closed	Highlighted Items		Oatmeal, Fruit & Milk	Muffins & Milk
AM Snack	For	Are In		Salami, Cheese & Crackers	Chips & Queso
Lunch	Memorial	Celebration Of		Stir Fry, Egg Rolls & Milk	Spaghetti, Veggies, Fruit & Milk
PM Snack	Day!	National Days!		Cheez Its & Lemonade	Trailmix
Week 2	5	6	7	8	9
Breakfast	Toast w/ Ricotta Cheese, Berries & Milk	Yogurt, Fruit & Milk	Pancakes & Milk	Cheese Toast & Milk	Cereal, Fruit & Milk
AM Snack	Mixed Fruit & Pretzels	Snap Peas & Avocado	Strawberries & Dip	Fig Newton	Tortillas & Cheese
Lunch	Pasta Salad, Breadsticks, Oranges & Milk	Catalina Chicken, Rice & Milk	Chicken Patties, Green Bean Casserole & Milk	Meatloaf, Carrot Sticks, Fruit & Milk	Corn Dogs, Carrots, Fruit & Milk
PM Snack	Goldfish & Lemonade	Applesauce & Saltines	Fruit Salad	Bananas & Grahams	Cheemix
Week 3	12	13	14	15	16
Breakfast	Hashbrowns & Milk	Burritos, Orange Juice & Milk	Waffles & Milk	Cereal, Fruit & Milk	Biscuits w/ Jelly & Milk
AM Snack	Pears & Pretzels	Veggie Straws	Cheese & Saltines	Ritz & Cheese	Strawberries & Pretzels
Lunch	Chili, Cornbread, Fruit & Milk	Ham Sandwiches, Tater Tots, Fruit & Milk	Fish Sticks, Green Beans, Fruit & Milk	Strawberry Spinach Salad w/ Chicken, Crackers, Fruit & Milk	Frito Pie, Bananas & Milk
PM Snack	Bananas & Animal Crackers	Mandarin Oranges & Townhouse Crackers	Vanilla Wafers & Mixed Fruit	Smiley Face Fries & ketchup	Granola Bars & Lemonade
Week 4	19	20	21	22	23
Breakfast	Pancakes & Milk	Sausage, Tortillas & Milk	Cinnamon Raisin Bread & Milk	Hashbrowns & Milk	Burritos & Milk
AM Snack	Nutri-grain Bars	Rice Cakes	Pineapple & Cheerios	Teddy Grahams	Goldfish & Apple Juice
Lunch	Quesadillas, Carrots, Fruit & Milk	Penne Pasta, Breadsticks, Fruit & Milk	Tuna Sandwiches, Ruffles, Fruit & Milk	Tex-Mex Chicken Salad, Crackers, Fruit & Milk	Pizza, Salad, Fruit & Milk
PM Snack	Peaches & Saltines	Cucumbers & Ranch	Pretzels & String Cheese	Ice Cream Sandwiches	Carrots & Hummus
Week 5	26	27	28	29	30
Breakfast	French Toast Sticks & Milk	Yogurt w/ granola & Milk	Cereal, Fruit & Milk	Waffles & Milk	Toast w/ Jelly & Milk
AM Snack	Apples & Sun butter	Tortilla & Jelly	Goldfish & Juice	Yogurt & Pretzels	Dried Apples
Lunch	Chicken Nuggets, Veggies, Fruit & Milk	Ravioli, Green Beans, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk	Sloppy Joes, Tater Tots, Fruit & Milk	Turkey & Cheese Roll Ups, Chips, Fruit & Milk
PM Snack	Chocolate Pudding & Grahams	Pineapple & Animal Crackers	Cantaloupe & Saltines	Cheese Squares & Pretzels	Applesauce & Goldfish