



COVENANT SCHOOLS DEL NORTE

July 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
Breakfast		Pancakes, Fruit & Milk	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	CLOSED
AM Snack		Celery w/ WOW Butter & Crackers	Cheese Toast & Juice	Fruit & Crackers	FOR
Lunch		Spanish Rice, Corn, Fruit & Milk	Bean Burritos, Salad, Fruit & Milk	Turkey Sandwiches, Tater Tots, Fruit & Milk	INDEPENDENCE
PM Snack		Tortillas w/ Jelly & Milk	Veggies w/ Dip & Crackers	Apple Sauce & Grahams	DAY!!!!
Week 2	7	8	9	10	11
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Waffles w/ Syrup, Fruit & Milk	Hot Cereal, Juice & Milk	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk
AM Snack	Cheese & Crackers	Yogurt & Grahams	Fruit & Crackers	String Cheese & Pretzels	Fruit & Crackers
Lunch	Chili Beans, Corn Bread, Fruit & Milk	Tomato Soup, Cheese Sandwiches, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Chicken Nuggets, Green Beans, Fruit & Milk	Sloppy Joes, Tater Tots, Fruit & Milk
PM Snack	Trail Mix & Juice	Cookies & Milk	Veggie Sticks w/ Ranch & Crackers	Pudding & Vanilla Wafers	WOW Butter, Apples & Crackers
Week 3	14	15	16	17	18
Breakfast	Cereal, Fruit & Juice	French Toast Sticks w/ Syrup, Juice & Milk	Biscuit w/ Jelly, Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk
AM Snack	Tortillas w/ Jelly & Milk	Fruit & Crackers	Yogurt & Grahams	String Cheese & Crackers	Cinnamon Biscuits & Juice
Lunch	Fish Fillets, Green Beans, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Southwest Chicken Salad, Tortillas, Fruit & Milk	Corn Dogs, Carrots, Fruit & Milk	Spaghetti, Salad, Fruit & Milk
PM Snack	Animal Crackers & Fruit	Veggie w/ Dip & Crackers	Trail Mix & Juice	Fruit & Gold Fish	Cookies & Milk
Week 4	21	22	23	24	25
Breakfast	Waffles, Juice & Milk	Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Egg Burritos, Fruit & Milk	Hot Cereal, Fruit & Milk
AM Snack	Cheese & Crackers	Yogurt & Grahams	Fruit & Crackers	Goldfish & Juice	Cinnamon Toast & Juice
Lunch	BBQ Chicken Sandwich, Tater Tots, Fruit & Milk	Cheese Quesadillas, Veggie Sticks, Fruit & Milk	Ham Sandwiches, Cucumbers, Fruit & Milk	Chili Cheese Tater Tot Casserole, Corn, Fruit & Milk	Chicken Pasta Salad, Fruit, Crackers & Milk
PM Snack	Veggies Sticks w/ Ranch & Crackers	Trail Mix & Juice	WOW Butter, Celery & Crackers	Oranges & Saltines	String Cheese & Apples
Week 5	28	29	30	31	
Breakfast	Cereal, Fruit & Milk	French Toast Sticks w/ Syrup, Juice & Milk	Egg Burritos, Fruit, & Milk	Pancakes w/ Syrup, Fruit & Milk	
AM Snack	String Cheese & Pretzels	WOW Butter, Apples & Crackers	Raspberry Cream Cheese & Crackers	Tortillas w/ Jelly & Milk	
Lunch	Meatballs w/ Gravy, Rice, Fruit & Milk	Macaroni-n-Cheese, Green Beans, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Tuna Sandwiches, Carrots Sticks, Fruit & Milk	
PM Snack	Trail Mix & Juice	Cookies & Milk	Muffins & Juice	Fruit & Crackers	