



COVENANT SCHOOLS DEL NORTE AUGUST MENU 2014



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					1
Breakfast					Bagels, Cream Cheese, Juice & Milk
AM Snack					Yogurt & Grahams
Lunch					Beans & Cheese Burritos, Salsa, Salad, Fruit & Milk
PM Snack					Veggies w/ Dip & Saltines
Week 2	4	5	6	7	8
Breakfast	Cereal, Fruit & Milk	Waffles w/ Syrup, Fruit & Milk	Egg Burritos, Juice & Milk	Hot Cereal, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk
AM Snack	Cheese & Crackers	Fruit & Crackers	Goldfish & Juice	Pretzels & Cheese	Fruit & Crackers
Lunch	Chicken & Rice Casserole, Green Beans, Fruit & Milk	Chef's Salad, Crackers, Fruit & Milk	Chicken Nuggets, Veggies, Fruit & Milk	Chili Beans, Corn Bread, Salad, Fruit & Milk	Tomato Soup, Cheese Sandwich, Fruit & Milk
PM Snack	Trail Mix & Juice	Tortillas w/ Jelly & Milk	Fruit & Crackers	Veggies w/ Dip & Saltines	Pudding & Vanilla Wafers
Week 3	11	12	13	14	15
Breakfast	Pancakes w/ Syrup, Juice & Milk	Egg Burritos, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cereal, Fruit & Milk	French Toast Sticks w/ Syrup, Juice & Milk
AM Snack	Cheese Toast & Juice	Yogurt & Grahams	Fruit & Crackers	String Cheese & Pretzels	Apples & Crackers
Lunch	Ham Sandwich, Tater Tots, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Cheese Quesadillas, Cucumbers, Fruit & Milk	Corn Dogs, Veggies w/ Ranch, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk
PM Snack	Cookies & Milk	Trail Mix & Juice	Oranges & Saltines	Apples w/ WOW Butter & Crackers	Muffins & Milk
Week 4	18	19	20	21	22
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Egg Burritos, Fruit & Milk	Cereal, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk	Hot Cereal, Fruit & Milk
AM Snack	Tortillas w/ Jelly & Milk	Fruit & Crackers	Grahams & Milk	Yogurt & Pretzels	String Cheese & Goldfish
Lunch	Macaroni-&-Cheese, Salad, Fruit & Milk	BBQ Sandwiches, Tater Tots, Fruit & Milk	Spanish Rice, Corn, Fruit & Milk	Fish Fillet, Green Beans, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk
PM Snack	Trail Mix & Cheese	Apples w/ WOW Butter & Crackers	Veggies w/ Dip & Saltines	Cookies & Milk	Fruit & Crackers
Week 5	25	26	27	28	29
Breakfast	Egg Burritos, Juice & Milk	Pancakes, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Cereal, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk
AM Snack	Tortillas w/ Jelly & Milk	Cinnamon Biscuits & Juice	Fruit & Crackers	Yogurt & Banana	Fruit & Crackers
Lunch	Southwest Grilled Chicken Salad, Fruit & Milk	Cheese Pizza, Veggies, Fruit & Milk	Chicken Patties, Mashed Potatoes w/ Gravy, Fruit & Milk	Sloppy Joes, Salad w/ Ranch, Fruit & Milk	Turkey Sandwiches, Tomato Soup, Fruit & Milk
PM Snack	Fruit & Goldfish	Trail Mix & Juice	Animal Crackers	Veggies w/ Dip & Saltines	Cheese & Pretzels