



COVENANT SCHOOLS DEL NORTE

November 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Cereal, Juice & Milk	French Toast Sticks w/ Syrup, Fruit & Milk	Egg Burritos, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Hot Cereal, Fruit & Milk
AM Snack	Cheese & Pretzels	Goldfish & Juice	Fruit & Crackers	Yogurt & Grahams	String Cheese & Crackers
Lunch	Meat Balls w/ Gravy, Rice, Salad, Fruit & Milk	Chili Beans, Cucumbers, Corn Bread, Fruit & Milk	Cheese Pizza, Carrots w/ Ranch, Fruit & Milk	Tuna Sandwiches, Tatar Tots, Fruit & Milk	Taco Salad w/ Tortillas, Fruit & Milk
PM Snack	Tortillas w/ Jelly & Juice	Fruit & Crackers	Trail Mix & Juice	Veggies w/ Ranch & Crackers	Animal Crackers & Milk
Week 2	10	11	12	13	14
Breakfast	Biscuits w/ Jelly, Juice & Milk	Egg Burritos, Fruit & Milk	Hot Cereal, Fruit & Milk	Cereal, Fruit & Milk	Pancakes, Juice & Milk
AM Snack	Fruit & Crackers	Cinnamon Toast & Juice	Pretzels & Cheese	Goldfish & Juice	Yogurt & Grahams
Lunch	Tomato Soup, Cheese Sandwiches, Fruit & Milk	Corndogs, Veggie Sticks w/ Dip, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Spaghetti w/ Meat Sauce, Corn, Fruit & Milk	Chili Cheese Tatar Tot Casserole, Salad, Fruit & Milk
PM Snack	WOW Butter & Apples	Tortillas w/ Jelly & Milk	Fruit & Crackers	Pudding & Vanilla Wafers	Fruit & Crackers
Week 3	17	18	19	20	21
Breakfast	Waffles w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Egg Burritos, Fruit & Milk	Cereal, Juice & Milk
AM Snack	Fruit & Crackers	Goldfish & Juice	Yogurt & Crackers	Fruit & Crackers	Cheese & Crackers
Lunch	Chicken Noodle Soup, Crackers, Fruit & Milk	Quesadillas, Cucumbers w/ Ranch, Fruit & Milk	Sloppy Joes, Corn, Fruit, & Milk	Macaroni~n~Cheese, Salad, Fruit & Milk	Chicken & Rice Casserole, Green Beans, Fruit & Milk
PM Snack	Muffins & Milk	WOW Butter & Crackers	Veggies w/ Dip & Crackers	Trail Mix & Juice	Cookies & Milk
Week 4	24	25	26	27	28
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Cereal, Fruit & Milk	Hot Cereal, Juice & Milk	CLOSED	
AM Snack	Fruit & Crackers	WOW Butter & Crackers	Yogurt & Grahams	FOR	
Lunch	Chicken Nuggets, Green Beans, Fruit & Milk	Potato Soup w/ Cheese, Biscuits, Fruit & Milk	Frito Pie, Salad w/ Ranch, Fruit & Milk	THANKSGIVING	
PM Snack	Cheese & Pretzels	Veggies w/ Dip & Saltines	Cookies & Milk	BREAK!!!	