



COVENANT SCHOOLS DEL NORTE July 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast			Cereal, Juice & Milk	Waffles, Fruit & Milk	Closed
AM Snack	<u>Underlined</u> words		Tortillas & Cheese	Cinnamon Biscuits & Milk	For
Lunch	are for Celebration of National Days!!!		Turkey Sandwich, Pickles & Tomatoes, Fruit & Milk	Corn Dogs, Carrot Sticks w/ Dip , Fruit & Milk	4th of July!!
PM Snack			<u>Gingersnaps</u> & Milk	Trail Mix & Juice	
Week 2	6	7	8	9	10
Breakfast	Cereal, Juice & Milk	Pancakes w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Burritos, Fruit & Milk	Cream of Wheat, Juice & Milk
AM Snack	Yogurt & Grahams	Cheese Toast & Juice	Fruit & Crackers	Goldfish & Juice	Fruit & Crackers
Lunch	South West <u>Chicken</u> Salad, Crackers, Fruit & Milk	Cheese Pizza, Salad, Fruit & Milk	Ham Sandwich, Tatar Tots, Fruit & Milk	Spaghetti w/ Meat Sauce, Corn, Fruit & Milk	Chicken w/ Mash Potato, Green Beans, Fruit & Milk
PM Snack	Tortillas & Cheese	Fruit & Crackers	Tortillas w/ Jelly & Milk	<u>Sugar Cookies</u> & Milk	Veggie Sticks & Crackers
Week 3	13	14	15	16	17
Breakfast	French Toast Sticks w/ Syrup, Juice & Milk	Cereal, Fruit & Milk	Egg Burritos, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Waffles w/ Syrup, Fruit & Milk
AM Snack	String Cheese & Pretzels	Yogurt & Grahams	Goldfish & Juice	Fruit & Crackers	Grahams & Milk
Lunch	<u>Beans & Franks</u> , Veggie Sticks w/ Dip, Fruit & Milk	Hamburgers w/ Lettuce & Tomatoes, Fruit & Milk	Spanish Rice, Cucumbers w/ dip, Fruit & Milk	<u>Chef</u> Salad, Crackers , Fruit & Milk	Sloppy Joes, Tatar Tots, Fruit & milk
PM Snack	Fruit & Crackers	Trail Mix & Juice	Fruit & Crackers	Cheese & Pretzels	Muffins & Milk
Week 4	20	21	22	23	24
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Egg Burritos, Fruit & Milk	Hot Cereal, Juice & Milk	French Toast Sticks w/ Syrup, Fruit & Milk	Cereal, Juice & Milk
AM Snack	Fruit & Crackers	Yogurt & Grahams	Fruit w/ WOW Butter	Cheese & Pretzels	Grahams & Milk
Lunch	BBQ Chicken Sandwich, Tatar Tots, Fruit & Milk	Frito Pie, Salad, Fruit & Milk	Macaroni~N~Cheese, Green Beans, Fruit & Milk	Chicken Pasta Salad, Crackers, Fruit & Milk	Tomato Soup, Cheese Sandwich, Fruit & Milk
PM Snack	Muffins & Milk	Fruit & Crackers	Trail Mix & Juice	<u>Vanilla Ice Cream</u> w/ Chocolate Chip Cookies	Veggie Sticks & Crackers
Week 5	27	28	29	30	31
Breakfast	Egg Burritos, Juice & Milk	Cream of Wheat, Fruit & Milk	Waffles w/ Syrup, Juice & Milk	Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
AM Snack	Fruit & Crackers	<u>Chocolate Milk</u> & Bananas	String Cheese & Crackers	Cinnamon Biscuits & Milk	Fruit & Crackers
Lunch	Chicken Nuggets, Veggies Sticks, Fruit & Milk	Quesadillas, Salad, Fruit & Milk	Tatar Tots Casserole, Corn, Fruit & Milk	Ham Rollups, Veggie Sticks w/ Dip, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk
PM Snack	Cheese & Tortillas	Trail Mix & Juice	Fruit & Crackers	Pudding & Vanilla Wafers	Muffins & Milk