



COVENANT SCHOOLS DEL NORTE

AUGUST MENU 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Pancakes w/ Syrup, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Egg & Sausage Burrito, Juice & Milk	Cereal, Fruit & Milk	Hot Cereal, Juice & Milk
AM Snack	Yogurt & Graham	Goldfish & Juice	Fruit & Crackers	Cinnamon Biscuits & Milk	String Cheese & Pretzels
Lunch	Chili Beans, Corn Bread, Salad, Fruit & Milk	Chicken & Rice Casserole, Green Beans, Fruit & Milk	Cheese Pizza, Veggies w/ Dip, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Turkey Sandwiches, Tater Tots, Fruit & Milk
PM Snack	<u>Watermelon</u> & Crackers	<u>Chocolate Chip</u> Cookies & Milk	Apples w/ WOW Butter	Trail Mix & Juice	Veggie Sticks w/ Dip & Crackers
Week 2	10	11	12	13	14
Breakfast	Cereal, Fruit & Milk	Waffles w/ Syrup, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cream of Wheat, Juice & Milk	Egg & Sausage Burritos, Fruit & Milk
AM Snack	Cheese Toast & Juice	Yogurt & Crackers	Fruit & Crackers	Muffins & Milk	Cheese & Crackers
Lunch	Spanish Rice, Corn, Fruit & Milk	Chili Cheese Tatar Tots Casserole, Fruit & Milk	Hamburgers w/ Lettuce & Tomato, Fruit & Milk	Macaroni~N~Cheese, Green Beans, Fruit & Milk	Mini Corn Dogs, Cucumbers, Fruit & Milk
PM Snack	Muffins & Milk	Trail Mix & Juice	Veggies w/ Dip & Cracker	Tortillas w/ Jelly & Milk	
Week 3	17	18	19	20	21
Breakfast	Egg & Sausage Burritos, Juice & Milk	French Toast Sticks w/ Syrup, Fruit & Milk	Cereal, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk
AM Snack	Grahams & Milk	Tortillas & Cheese	Fruit & Crackers	Cinnamon Toast & Juice	String Cheese & Crackers
Lunch	Quesadillas, Cucumbers w/ Dip, Fruit & Milk	Meatballs & Gravy Rice, Green Beans, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Green Chile Stew, Tortillas, Fruit & Milk	Chef Salad, Crackers, Fruit & Milk
PM Snack	Fruit w/ WOW Butter	Veggies w/ Dip & Crackers	Muffins & <u>Ice Cream</u>	Fruit & Crackers	Cookies & Milk
Week 4	24	25	26	27	28
Breakfast	<u>Waffles</u> w/ Syrup, Juice & Milk	Egg Burritos, Fruit & Milk	Cream of Wheat, Juice & Milk	Cereal, Fruit & Milk	Pancakes w/ Syrup, Juice & Milk
AM Snack	Yogurt & Grahams	Goldfish & Juice	Fruit & Crackers	Cheese Toast & Fruit	Fruit & Crackers
Lunch	Frito Pie, Salad, Fruit & Milk	Southwest Chicken Salad, Crackers, Fruit & Milk	Sloppy Joes, Tater tots, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk	Ham & Cheese Rollups w/ Veggies & Dip, Fruit & Milk
PM Snack	Fruit & Crackers	<u>Bananas</u> & Grahams	Cookies & Milk	Trail mix & Juice	Muffins & Milk
Week 5	31				
Breakfast	Cereal, Juice & Milk				
AM Snack	Cheese & Pretzels		<u>Underlined words</u>		
Lunch	Taco Salad, Tortillas, Fruit & Milk		are for Celebration of National Days!!!		
PM Snack	<u>Trail Mix</u> & Juice				