



COVENANT SCHOOLS DEL NORTE

September Menu 2015



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|--|---|
| Week 1 | | 1 | 2 | 3 | 4 |
| Breakfast | | French Toast Sticks w/ Syrup, Fruit & Milk | Egg Sausage & Cheese Burritos, Juice & Milk | Bagels w/ Cream Cheese, Fruit & Milk | Cereal, Juice & Milk |
| AM Snack | | Yogurt & Grahams | Fruit & Crackers | Goldfish & Juice | String Cheese & Crackers |
| Lunch | | Tomato Soup, Cheese Sandwiches, Fruit & Milk | Chicken & Rice Casserole, Salad, Fruit & Milk | Chili Beans, Corn Bread, Veggie Sticks, Fruit & Milk | Chef Salad, Cracker, Fruit & Milk |
| PM Snack | | Veggies w/ Dip & Crackers | Muffins & Milk | Fruit & Crackers | Tortillas w/ Jelly & Milk |
| Week 2 | 7 | 8 | 9 | 10 | 11 |
| Breakfast | Closed | Waffles w/ Syrup, Fruit & Milk | Cereal, Juice & Milk | Egg Sausage & Cheese Burritos, Fruit & Milk | Bagels w/ Cream Cheese, Juice & Milk |
| AM Snack | For | Goldfish & Juice | Fruit & Crackers | Yogurt & Grahams | Cheese & Crackers |
| Lunch | Labor | Chicken Pasta Salad, Crackers, Fruit & Milk | Cheese Pizza, Cucumbers w/ Dip, Fruit & Milk | Spaghetti w/ Meat Sauce, Salad, Fruit & Milk | Ham Sandwiches, Tatar Tots, Fruit & Milk |
| PM Snack | Day!!! | Fruit & Crackers | Veggies w/ Dip & Crackers | Tortillas & Cheese | Cookies & Milk |
| Week 3 | 14 | 15 | 16 | 17 | 18 |
| Breakfast | Cream of Wheat, Juice & Milk | Pancakes w/ Syrup, Fruit & Milk | Cereal, Juice & Milk | Bagels w/ Cream Cheese, Fruit & Milk | Egg Sausage & Cheese Burritos, Juice & Milk |
| AM Snack | Yogurt & Crackers | Cinnamon Biscuits & Milk | Fruit & Crackers | Grahams & Milk | Pretzels & String Cheese |
| Lunch | Bean & Cheese Burritos, Salad, Fruit & Milk | Meatballs w/ Gravy & Rice, Green Beans, Fruit & Milk | Taco Salad, Tortillas, Fruit & Milk | Chicken Nuggets, Veggies Sticks w/ Dip Fruit & Milk | Tuna Sandwiches, Tater Tots, Fruit & Milk |
| PM Snack | Muffins & Milk | Veggies w/ Dip & Crackers | Cookies & Milk | Tortillas w/ Jelly and Milk | Fruit w/ WOW Butter |
| Week 4 | 21 | 22 | 23 | 24 | 25 |
| Breakfast | French Toast Sticks w/ Syrup, Juice & milk | Cereal, Fruit & Milk | Biscuits w/ Jelly, Juice & Milk | Egg Sausage & Cheese Burrito, Fruit & Milk | Bagels w/ Cream Cheese, Juice & Milk |
| AM Snack | Grahams & Milk | Cheese Toast & Juice | Yogurt & Crackers | Biscuits w/ Jelly & Milk | Muffins & Milk |
| Lunch | South West Chicken Salad, Tortillas, Fruit & Milk | Sloppy Joes, Veggie Sticks, Fruit & Milk | Turkey Sandwiches, Tater Tots, Fruit & Milk | Macaroni ~n~ Cheese, Green Beans, Fruit & Milk | Frito Pie, Salad w/ Dressings, Fruit & Milk |
| PM Snack | Pudding & Vanilla Wafers | WOW Butter w/ Fruit | Fruit & Crackers | Veggies w/ Dip & Crackers | Trial Mix & Juice |
| Week 5 | 28 | 29 | 30 | | |
| Breakfast | Waffles w/ Syrup, Juice & Milk | Hot Cereal, Fruit & Milk | Cereal, Juice & Milk | | |
| AM Snack | Cinnamon Biscuits & Milk | Fruit & Pretzels | Fruit & Crackers | | |
| Lunch | Quesadillas, Salad w/ Dressing, Fruit & Milk | BBQ Chicken, Tater Tots, Fruit & Milk | Ham & Cheese Roll Ups, Veggies w/ Dip, Fruit & Milk | | |
| PM Snack | Fruit & Crackers | Tortillas w/ Jelly & Milk | Trail Mix & Juice | | |

