



COVENANT SCHOOLS DEL NORTE

October 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast				Pancakes, Fruit & Milk	Egg Burrito, Juice & Milk
AM Snack				Grahams & Yogurt	Cheese Itz & Fruit
Lunch				Ravioli, Salad w/ Dressing, Fruit & Milk	Fish Sticks, Veggie Sticks w/ Dip, Fruit & Milk
PM Snack				Oranges & Pretzels	Apple Sauce & Grahams
Week 2	5	6	7	8	9
Breakfast	Bagels w/ Cream Cheese, Fruit & Milk	Cream of Wheat, Fruit & Milk	Cereal, Fruit & Milk	Scrambled Eggs, Fruit & Milk	CLOSED
AM Snack	Fruit & Crackers	Cinnamon Biscuits & Juice	Trail Mix & Fruit	String Cheese & Crackers	FOR
Lunch	Corn Dogs, Veggies Sticks w/ Dip, Fruit & Milk	Tomato Soup, Cheese Toast, Fruit & Milk	Cheese Pizza, Veggies Sticks w/ Dip, Fruit & Milk	Sloppy Joes, Carrot Sticks w/ Dip, Fruit & Milk	FALL
PM Snack	Pudding & Vanilla Wafers	Apples w/ WOW Butter	Cookies & Milk	Fruit & Crackers	BREAK!!
Week 3	12	13	14	15	16
Breakfast	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Biscuits w/ Jelly, Juice & Milk	Boiled Eggs, Biscuits, Fruit & Milk	Waffles, Juice & Milk
AM Snack	Animal Cookies & Milk	Fruit & Crackers	Gold Fish & Juice	Yogurt & Graham Crackers	String Cheese & Pretzels
Lunch	Taco Salad, Tortillas, Fruit & Milk	Chicken Nuggets, Green Beans, Fruit & Milk	Bakes Ziti, Garlic Bread, Salad, Fruit & Milk	Turkey & Cheese Roll up, Veggie Sticks, Fruit & Milk	Hamburgers, Salad w/ Dressing, Fruit & Milk
PM Snack	Fruit & Crackers	Veggies Sticks & Crackers	Trail Mix & Juice	Fruit w/ WOW Butter	Cookies & Milk
Week 4	19	20	21	22	23
Breakfast	Pancakes w/ Syrup, Juice & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cereal, Juice & Milk	French Toast w/ Syrup, Juice & Milk	Cream of Wheat, Fruit & Milk
AM Snack	Fruit & Crackers	String Cheese & Fruit	Yogurt & Crackers	Cheese & Crackers	Crackers & Fruit
Lunch	Chicken w/ Mashed Potatoes, Green Beans, Fruit & Milk	Tuna Sandwiches, Veggies Sticks w/ Dip, Fruit & Milk	Macaroni-N-Cheese, Veggie Sticks w/ Dip, Fruit & Milk	Chef Salad, Crackers, Fruit & Milk	Meatball Sandwich, Veggie Sticks w/ Dip, Fruit & Milk
PM Snack	Pretzels & Fruit	Veggies Sticks & Crackers	Pudding & Vanilla Wafers	Trail Mix & Juice	Muffins & Milk
Week 5	26	27	28	29	30
Breakfast	Egg Burritos, Juice & Milk	Waffles, Fruit & Milk	Cream of Wheat, Fruit & Milk	Boiled Eggs, Toast & Milk	CLOSED
AM Snack	Yogurt & Crackers	Fruit & Crackers	Cinnamon Toast & Juice	Fruit & Crackers	FOR
Lunch	Pizza Bagels, Salad w/ Dressing, Fruit & Milk	Quesadillas, Veggie Sticks w/ Dip, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Frito Pie, Corn, Fruit & Milk	INSERVICE
PM Snack	Gold Fish & Fruit	Cookies & Milk	Fruit w/ WOW Butter	Trail Mix & Juice	DAY!!!!