



## COVENANT SCHOOLS DEL NORTE November 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	Cereal, Juice & Milk	French Toast Sticks w/ Syrup, Bananas & Milk	Cinnamon Biscuits, Fruit & Milk	Cream of Wheat, Juice & Milk	Bagels w/ Cream Cheese, Applesauce & Milk
<b>AM Snack</b>	Graham Crackers & Yogurt	Jell-O w/ Mixed Fruit	Pretzels & Apple Sauce	Cheese & TH Cracker	Animal Crackers & Fruit
<b>Lunch</b>	Turkey & Cheese Roll Ups, Chips, Oranges & Milk	BBQ Chicken Sandwiches, Tatar Tots, Apples & Milk	Cheese Pizza, Salad, Pineapple, & Milk	Chicken Nuggets, Green Beans, Bananas, & Milk	Spaghetti w/ Meat Sauce, Salad, Pears & Milk
<b>PM Snack</b>	Cucumbers & Crackers	Crackers w/ WOW Butter	Trial Mix & Oranges	Cheese Its & Juice	Banana Bread & Milk
<b>Week 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	Cream of Wheat w/ Cranberries & Milk	Pancakes w/ Syrup, Bananas & Milk	Egg Burrito, Juice & Milk	Toast w/ Jelly, Oranges & Milk	Cereal, Bananas & Milk
<b>AM Snack</b>	Vanilla Wafers & Bananas	Bananas & TH Crackers	Yogurt & Animal Crackers	Goldfish & Juice	String Cheese & Pretzels
<b>Lunch</b>	Bean & Cheese Burritos, Salad, Mix Fruit & Milk	Chicken Noodle Soup, Crackers, Oranges & Milk	Fish Sticks, Veggie Sticks, Fruit & Milk	Ravioli's w/ Sauce, Salad, Pears & Milk	Corn Dogs, Green Beans, Oranges & Milk
<b>PM Snack</b>	Pretzels & Oranges	Oatmeal Cookies & Milk	Apples w/ WOW Butter	Tortilla & Cheese	Pudding & Grahams
<b>Week 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Scrambled Eggs, Slice of Bread, Juice & Milk	Cereal, Bananas, & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cinnamon Biscuits, Juice & Milk	Waffles w/ Strawberries, & Milk
<b>AM Snack</b>	Graham Crackers & Banana	Animal Crackers & Milk	Applesauce & Wheat Thins	String Cheese & Crackers	Yogurt & Goldfish
<b>Lunch</b>	Tomatoes Soup, Cheese Toast, Fruit & Juice	Chicken, Peas, Carrots & Rice Casserole, Fruit & Milk	Turkey Lettuce & Tomato Sandwich, Fruit & Milk	Chicken Alfredo, Broccoli, Pineapple & Milk	Sloppy Joes, Veggie Sticks w/ Dip, Tatar Tots & Milk
<b>PM Snack</b>	Fruit & Crackers	Cucumbers w/ Dip	Trial Mix	Cherry Jell-O & G Crackers	Cheese & Tortillas
<b>Week 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Pancakes w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese, Oranges & Milk	Cereal, Fruit & Milk	<b>CLOSED</b>	<b>CLOSED</b>
<b>AM Snack</b>	Tortillas w/ Jelly	Apples w/ WOW Butter	Yogurt & Grahams	<b>FOR</b>	<b>FOR</b>
<b>Lunch</b>	South West Chicken Salad, Pineapple & Milk	Baked Ziti, Green Beans, Pears & Milk	Grilled Cheese Sandwich, Carrot Sticks, Bananas & Milk	<b>THANKSGIVING</b>	<b>THANKSGIVING</b>
<b>PM Snack</b>	Crackers & Fruit	Cookies & Milk	Trail Mix & Juice	<b>BREAK!!!</b>	<b>BREAK!!!</b>
<b>Week 5</b>	<b>30</b>				<b>30</b>
<b>Breakfast</b>	Egg Burritos, Fruit & Milk				
<b>AM Snack</b>	Goldfish w/ WOW Butter				
<b>Lunch</b>	Meatball Sandwiches, Veggie Sticks, Fruit & Milk				
<b>PM Snack</b>	Mixed Fruit & TH Crackers				