



Covenant Schools Del Norte January 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	4	5	6	7	8
Breakfast	Cereal, Juice & Milk	English Muffins w/ Jelly, Fruit & Milk	Cream of Wheat, Juice & Milk	Egg Burritos, Fruit & Milk	Bagels w/ Jelly & Milk
AM Snack	Pretzels & Fruit	Grahams & Apples	Oranges & Crackers	Cheese Sticks & TH Crackers	Yogurt & Crackers
Lunch	Spaghetti , Salad w/ dressing, Fruit & Milk	Rice, Gravy & Meatballs, Veggie Sticks, Fruit & Milk	Bean & Cheese Burrito, Salad, Fruit & Milk	Fish Sticks, Broccoli, Fruit & Milk	Tater Tot Casserole, Green Beans, Fruit & Milk
PM Snack	Veggies w/ Dip & Crackers	Tortillas & Cheese	Apples w/ WOW Butter	Cookies & Milk	Tortilla Chips & Salsa
Week 2	11	12	13	14	15
Breakfast	Pancakes w/ Strawberries & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Toast w/ Jelly, Juice & Milk	French Toast w/ Syrup, Fruit & Milk	Cereal, Banana & Milk
AM Snack	Fruit & Crackers	G Crackers & Applesauce	Yogurt & Vanilla Wafers	Oranges & Saltines	Animal Crackers & Milk
Lunch	Tomato Soup, Cheese Sandwich, Fruit & Milk	Corn dogs, Mixed Veggie, Fruit & Milk	Chicken, Rice & Veggies Soup, Fruit & Milk	Beef~n~Roni, Carrot Sticks w/ Dip, Fruit & Milk	Ham & Cheese Roll Ups, Cucumbers, Fruit & Milk
PM Snack	Cookies & Milk	Apples w/ WOW Butter	Veggie Sticks & Saltines	Trail Mix & Juice	Cherry Jell-O w/ Mix Fruit
Week 3	18	19	20	21	22
Breakfast	Closed	Cream of Wheat, Fruit & Milk	Waffles, Fruit & Milk	Cinnamon Biscuits, Fruit & Milk	Cereal, Fruit & Milk
AM Snack	For	Fruit & Crackers	Yogurt & G Crackers	String Cheese & Pretzels	G Crackers & Fruit
Lunch	MLK!	Beef & Potato Stew, Fruit, Tortillas & Milk	Mac & Cheese , Peas & Carrots, Fruit & Milk	Chicken, Mashed Potatoes w/ Gravy, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk
PM Snack		Cookies & Milk	Cucumbers & Crackers	Tortillas w/ Jelly & Juice	Muffins & Milk
Week 4	25	26	27	28	29
Breakfast	Egg Burritos, Fruit & Milk	French Toast, Fruit & Milk	Cream of Wheat, Fruit & Milk	Blueberry Pancakes , Juice & Milk	Cereal, Fruit & Milk
AM Snack	Goldfish & Juice	Cinnamon Toast & Juice	Raspberry Cream Cheese & Tortillas	String Cheese & Pretzels	Applesauce & G Crackers
Lunch	Oriental Veggies w/ Rice, Pineapple & Milk	Taco Salad, Tortillas, Fruit & Milk	Cheese Pizza, Veggie Sticks, Fruit & Milk	Chicken Nuggets, Green Beans, Fruit & Milk	Meatball Sandwiches, Salad, Fruit & Milk
PM Snack	Cheese & TH Crackers	Apples w/ WOW Butter	Trail Mix & Juice	Pudding & Wafers	Cookie & Milk

Bold and Highlighted items are in Celebration of National Holidays!!