



COVENANT SCHOOLS DEL NORTE July 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	4	5	6	7	8
Breakfast	Closed	Pancakes w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Cereal, Fruit & Milk
AM Snack	For	<u>Graham Crackers</u> & Yogurt	Tortillas & Cheese	Animal Crackers & Milk	Fruit & Crackers
Lunch	4th of July!!	Ham Sandwich, Tatar Tots, Fruit & Milk	Chicken Nuggets, Veggies Sticks, Fruit & Milk	<u>Macaroni</u> -N-Cheese, Green Beans, Fruit & Milk	Chicken Pasta Salad, Crackers, Fruit & Milk
PM Snack		Apples w/ WOW Butter	Cookies & Juice	Veggie Sticks w/ Dip	Trail Mix & Juice
Week 2	11	12	13	14	15
Breakfast	French Toast Sticks w/ Syrup, Juice & Milk	Biscuits w/ Jelly, Fruit & Milk	Pancakes w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk	Egg Burritos, Juice & Milk
AM Snack	Yogurt & Grahams	WOW Butter Toast & Juice	Fruit & Crackers	Goldfish & Juice	Fruit & Crackers
Lunch	South West Chicken Salad, Tortillas, Fruit & Milk	Cheese Pizza, Cucumbers w/ Dip, Fruit & Milk	<u>Beans & Franks</u> , Carrots w/ Dip, Fruit & Milk	Spaghetti w/ Meat Sauce, Corn, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk
PM Snack	<u>Blueberry Muffins</u> & Milk	Fruit & Crackers	Tortillas w/ Jelly & Milk	Veggie Sticks & Crackers	Sugar Cookies & Milk
Week 3	18	19	20	21	22
Breakfast	Cereal, Fruit & Milk	French Toast Sticks w/ Syrup, Fruit & Milk	Biscuits w/ Jelly, Juice & Milk	Pancakes w/ Syrup, Juice & Milk	Hot Cereal, Fruit & Milk
AM Snack	Cinnamon Biscuits & Juice	Yogurt & Grahams	Goldfish & Apples	Fruit & Crackers	Grahams & Milk
Lunch	Turkey & Cheese Roll Ups, Cucumbers w/ Dip, Fruit & Milk	Hamburgers w/ Lettuce & Tomatoes, Fruit & Milk	Chef Salad, Crackers, Fruit & Milk	Spanish Rice, Cucumbers w/ Dip, Fruit & Milk	Sloppy Joes, Tatar Tots, Fruit & Milk
PM Snack	Fruit & Crackers	Trail Mix & Juice	Fruit & Crackers	Cheese & Pretzels	Veggie Sticks w/ Dip
Week 4	25	26	27	28	29
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Cereal, Fruit & Milk	French Toast Sticks w/ Syrup, Juice & Milk	Biscuits w/ Jelly, Fruit & Milk	Pancakes w/ Syrup, Juice & Milk
AM Snack	Fruit & Crackers	Yogurt & Grahams	Fruit w/ WOW Butter	Juice & Pretzels	Grahams &
Lunch	Frito Pie, Salad, Fruit & Milk	Corn Dogs, Carrot Sticks w/ Dip, Fruit & Milk	BBQ Chicken Sandwich, Tatar Tots, Fruit & Milk	Quesadillas, Cucumbers, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk
PM Snack	Muffins & Milk	Trail Mix & Juice	Fruit & Crackers	<u>Chocolate Milk</u> & Bananas	Veggie Sticks & Crackers

Underline words are for Celebration of National Days!!!