



# COVENANT SCHOOLS DEL NORTE

## AUGUST MENU 2016



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b>	Cereal, Oranges & Milk	Bagels w/ Cream Cheese, Orange Juice & Milk	Cream of Wheat, Bananas & Milk	Waffles w/ Syrup, Strawberries & Milk	Egg Burritos, Apple Juice & Milk
<b>AM Snack</b>	String Cheese & Pretzels	Bananas & Grahams	Cheese Toast & Apples	Yogurt & Goldfish	Oranges & TH Crackers
<b>Lunch</b>	Ranch Beans, Cucumbers w/ Dip, Watermelon, Cornbread & Milk	Spaghetti w/ Meat Sauce, Corn, Pears & Milk	Chef Salad, Oranges, Town House Crackers & Milk	Chicken Patties, Mashed Potatoes w/ Gravy, Apples & Milk	Grilled Cheese Sandwiches, Carrot Sticks w/ Dip, Grapes & Milk
<b>PM Snack</b>	Trail Mix & Juice	Ice Cream Sandwiches	Watermelon & Saltines	Cheery Jell-O & Bananas	Oatmeal Cookies & Milk
<b>Week 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Blueberry Pancakes w/ Syrup & Milk	Biscuits w/ Gravy, Apples & Milk	Cereal, Cantaloupe & Milk	Cinnamon Toast, Apple Juice & Milk	Oatmeal, Banana & Milk
<b>AM Snack</b>	Cheese & Saltines	Yogurt & Cheese Itz	Applesauce & ABC Cookies	Oranges & Pretzels	Tortillas w/ Cheese & Apple Juice
<b>Lunch</b>	Chili~n~Mac, Corn, Pears & Milk	Southwest Chicken Salad, Oranges, Tortillas & Milk	Cheese Pizza, Celery Sticks, Grapes & Milk	WOW Butter & Jelly Sandwiches, Bananas Carrot Sticks & Milk	Hamburgers, Lettuce, Pickles, Chips, Oranges & Milk
<b>PM Snack</b>	Banana Muffins & Apple Juice	Rice Pudding & Banana	Trail Mix & Orange Juice	Pudding & Vanilla Wafers	Veggies Sticks w/ Dip & TH Crackers
<b>Week 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	Bagels, Strawberry Cream Cheese, Orange Juice & Milk	Cream of Wheat, Bananas & Milk	Cheese Toast, Apples & Milk	Cereal, Oranges & Milk	French Toast Sticks w/ Syrup, Apple Juice & Milk
<b>AM Snack</b>	Apples w/ WOW Butter	Cinnamon Biscuits & Milk	Animal Crackers & Orange Juice	String Cheese & Pretzels	Yogurt & Bananas
<b>Lunch</b>	Tater Tot Casserole, Salad, Peaches & Milk	Beans & Franks, Carrot Sticks w/ Dip, Apple Sauce & Milk	Chicken w/ Oriental Vegetables, Rice, Pineapple & Milk	Taco Salad, Cantaloupe, Tortillas & Milk	Turkey & Cheese Sandwiches, French Fries, Oranges & Milk
<b>PM Snack</b>	Cucumbers & Goldfish	Tortillas w/ Cheese & Juice	Pudding & Bananas	Applesauce & Cheese Itz	Ice Cream & Sprinkles
<b>Week 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	Egg Burritos, Orange Juice & Milk	Cereal, Bananas & Milk	Waffles w/ Syrup, Apple Juice & Milk	Oatmeal, Blueberries & Milk	Cinnamon Toast, Apple Sauce & Milk
<b>AM Snack</b>	String Cheese & Pretzels	Cinnamon Toast & Oranges	Yogurt & Goldfish	Apples w/ WOW Butter	Cheese & Saltines
<b>Lunch</b>	Frito Pie, Salad w/ Ranch, Pears & Milk	Macaroni~n~Cheese, Green Beans, Applesauce & Milk	Meatball Sandwiches, Chips, Bananas & Milk	Fish Fillets w/ Tater Sauce, Corn, Watermelon & Milk	Chicken Sandwiches, Lettuce & Tomato, Oranges & Milk
<b>PM Snack</b>	Watermelon & ABC Crackers	Trail Mix & Grape Juice	Tortillas w/ Jelly & Milk	Cherry Jell-O & Bananas	Oatmeal Cookies & Milk
<b>Week 5</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<b>Breakfast</b>	Bagels w/ Cream Cheese, Grape Juice & Milk	Cream of Wheat, Strawberries, & Milk	Pancakes w/ Syrup, Bananas & Milk		Highlighted Purple Items are in Celebration of National Days!!!
<b>AM Snack</b>	Yogurt & Pretzels	Cheese & Saltines	Cinnamon Toast & Oranges		
<b>Lunch</b>	Ham Sandwiches, Tater Tots, Oranges & Milk	Green Chili Chicken Enchiladas, Salad w/ Ranch, Pears & Milk	Baked Ziti, Green Beans, Apples & Milk		
<b>PM Snack</b>	Apples w/ Caramel Dip	Celery Sticks w/ WOW Butter	Trail Mix & Grape Juice		