



COVENANT SCHOOLS DEL NORTE, L.L.C.
OCTOBER 2016 MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Cereal, Juice & Milk	Biscuits w/ Jelly, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Bagels w/ Creams Cheese, Juice & Milk	NO
AM Snack	Yogurt & Animal Crackers	String Cheese & Pretzels	Tortillas w/ Jelly & Milk	Applesauce & Graham Crackers	SCHOOL
Lunch	Beans w/ Cornbread, Fruit, Celery Sticks & Milk	Taco Salad , Fruit, Tortillas & Milk	Mini Corndogs, Carrots, Fruit & Milk	Ham Sandwiches, Tator Tots, Fruit & Milk	FALL
PM Snack	Cookies & Milk	WOW Butter, Apples & Crackers	Fruit & Crackers	Trail Mix & Fruit	BREAK!!
Week 2	10	11	12	13	14
Breakfast	Egg Burrito, Juice, & Milk	French Toast Sticks, Juice & Milk	Cream of Wheat, Fruit & Milk	Cereal, Juice, Milk	Waffles, Oranges, Milk
AM Snack	Cheese & Crackers	Oranges & Pretzels	Apples & WOW Butter	Cinnamon Toast & Milk	Cheese & Crackers
Lunch	Scalloped Potatoes w/ Beef, Green Beans, Fruit & Milk	Spaghetti w/ Meat Sauce, Salad, Fruit, & Milk	Potato Soup w/ Cheese, Fruit, Biscuits & Milk	Frito Pie, Salad, Fruit & Milk	Southwest Chicken Salad, Tortillas, Fresh Fruit, Milk
PM Snack	Cheezes Its & Fruit	Muffins & Milk	Carrot Sticks w/Dip & crackers	Fruit & Crackers	Rice Crispy Treats & Milk
Week 3	17	18	19	20	21
Breakfast	Pancakes w/ Syrup, Juice & Milk	Biscuits w/ gravy, Juice & Milk	Cereal, Fruit & Milk	Egg Burritos, Juice & Milk	Oatmeal, Fruit & Milk
AM Snack	Fruit & Crackers	Saltines & Oranges	Yogurt & Graham Crackers	Fruit & Pretzels	Animal Crackers & Milk
Lunch	Bean Burritos, Salad, Fruit, Milk	Mac&Cheese, Salad, Fruit, Milk	Turkey Sandwiches, Tator Tots, Fruit, & Milk	Cheese Pizza, Veggie Sticks w/Dip, Fruit & Milk	Chicken Nuggets, Corn, Fruit & Milk
PM Snack	Vanilla Wafers, Fruit	Tortillas w/ Jelly & Milk	Celery Sticks w/ WOW Butter	Rice Crispy Treats & Milk	Cherry Jello & Bananas
Week 4	24	25	26	27	28
Breakfast	Hot Cereal, Fruit, & Milk	Waffles w/ Syrup, Juice & Milk	Cereal, Fruit & Milk	Cinnamon Toast, Applesauce & Milk	NO
AM Snack	Cheese & Crackers	Crackers & WOW Butter	Applesauce & Wheat Thins	Cheese Toast & Juice	SCHOOL
Lunch	Hamburgers, Salad, Fruit, & Milk	Tomato Soup, Grilled Cheese, Fruit & Milk	Chef Salad, Fruit Crackers & Milk	Fish Filets, Corn, Fruit, Bread & Milk	IN-SERVICE
PM Snack	Trail Mix & Grape Juice	Pudding & Anim. Crackers	Pumpkin Muffins & Milk	Veg. Sticks w/Dip & Crackers	DAY!!
Week 5	31				
Breakfast	Pancakes w/ Syrup, Fruit & Milk			ITEMS HIGHLIGHTED ARE IN CELEBRATION OF NATIONAL DAYS!!	
AM Snack	Celery w/ WOW Butter & Crackers				
Lunch	Quesadillas, Cucumbers w/Dip, Fruit & Milk				
PM Snack	Apples w/ Caramel Dip				