

COVENANT SCHOOLS DEL NORTE, L.L.C.

November 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	31	1	2	3	4
Breakfast	Pancakes w/ Syrup, Fruit & Milk	Cereal, Oranges, & Milk	Pancakes, Fruit & Milk	Cream of Wheat, Fruit & Milk	Biscuits w/ Gravy, Juice & Milk
AM Snack	Celery w/ WOW Butter & Crackers	Yogurt & Crackers	Applesauce & ABC cookies	Cheese Toast & juice	Goldfish & Apples
Lunch	Quesadillas, Cucumbers w/ Dip, Fruit & Milk	Chili Beans, Cornbread, Fruit & Milk	Corndogs, Cucumbers w/ Dip, Fruit & Milk	Turkey Sandwich , Fries, Fruit & Milk	Meatballs w/ Gravy, Rice, Green Beans, Fruit & Milk
PM Snack	Apples w/ Caramel Dip	Animal Crackers & Milk	Apples w/ WOW Butter	Veggies w/ Dip & Crackers	Saltines & Oranges
Week 2	7	8	9	10	11
Breakfast	Cinnamon Toast, Applesauce & Milk	Waffles, Fruit & Milk	Hot Cereal, Bananas & Milk	Pancakes, Fruit & Milk	Bagels, Fruit, Milk
AM Snack	Trail Mix & Juice	Apples & WOW Butter	Fruit & Crackers	Oranges & Pretzels	Cheese & Crackers
Lunch	Green Chile Chicken Stew, Tortillas, Fruit & Milk	Tuna Sandwich, Tator Tots, Fruit & Milk	Chicken nuggets, Corn, Fruit & Milk	Chef Salad, Crackers, Fruit & Milk	Turkey, Mashed Potatoes, Green Beans, Gravy, Pumpkin Pie & Milk
PM Snack	String Cheese & Pretzels	Jello w/ Graham Crackers	Brownies & Milk	Carrot Sticks w/ Dip & Crackers	Trail Mix & Juice
Week 3	14	15	16	17	18
Breakfast	Cereal, Juice & Milk	Bagels, Fruit, & Milk	Cream of Wheat, Apples & Milk	Hot Cereal, Fruit & Milk	Waffles w/ Syrup, Fruit & Milk
AM Snack	Cinnamon Toast & Fruit	Fruit & Crackers	Tortillas & Jelly	Yogurt & Grahams	Crackers & WOW Butter
Lunch	Quesadilla, Cucumbers w/ Dip, Fruit & Milk	Mac & Cheese, Fruit, Green Beans & Milk	Sloppy Joes, Tator Tots, Fruit & Milk	Broccoli Soup, Corn Bread, Fruit & Milk	Southwest Chicken Salad, Fruit & Milk
PM Snack	Apples & Crackers	Corn Chips & Salsa	Bananas & Vanilla Pudding	Cucumbers & Goldfish	Cheese & Tortillas
Week 4	21	22	23	24	25
Breakfast	Biscuits w/ Gravy, Fruit & Milk	Pancakes w/ syrup, Juice & Milk	Hot Cereal, Fruit & Milk	NO	NO
AM Snack	Bananas & Saltines	Yogurt & Animal Crackers	Fruit & Crackers	SCHOOL	SCHOOL
Lunch	Fish Filets, Corn, Fruit & Milk	Cheese Pizza, Veggie Sticks, Fruit & Milk	WOW Butter & Jelly Sandwiches, Fruit, Potato Chips & Milk	THANKSGIVING040	THANKSGIVING
PM Snack	Cheese Its & Juice	Muffins & Milk	Trail Mix & Juice	BREAK!	BREAK!
Week 5	28	29	30		
Breakfast	French Toast w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese, Juice & Milk	Cereal, Fruit, Milk	HIGHLIGHTED ITEMS ARE IN CELEBRATION OF NATIONAL DAYS!	
AM Snack	WOW Butter & Tortillas	Pretzels & Cheese	Saltines & Oranges		
Lunch	Spaghetti w/ Meat Sauce, Salad, Fruit & Milk	Tomato Soup, Grilled Cheese, Fruit, Milk	Tator Tot Casserole, Fruit & Milk		
PM Snack	Cookies & Milk	Apples w/ Carmel Dip	Carrots Sticks w/ Dip & TH Crackers		

