



COVENANT SCHOOLS DEL NORTE, L.L.C



October 2017 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Cream of Wheat, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cereal, Fruit & Milk	Waffles, Fruit & Milk	Cinnamon Toast, Applesauce & Milk
AM Snack	Cheese & Crackers	Bananas & Grahams	Yogurt & Goldfish	String Cheese & Pretzels	Fruit & Crackers
Lunch	Chicken Nuggets, Green Beans, Fruit & Milk	Ranch Beans, Carrot Sticks, Fruit, Cornbread & Milk	Tacos w/ Lettuce, Tomato, Salsa, Fruit & milk	WOW Butter & Jelly Sandwiches, Chips, Fruit & Milk	BBQ Chicken Sandwiches, Tater Tots, Fruit & Milk
PM Snack	Trail Mix & Juice	Oatmeal Cookies & Milk	Fruit & Crackers	Veggie Sticks w/ Crackers	Jello w/ Fruit & Grahams
Week 2	9	10	11	12	13
Breakfast	Egg Burritos, Juice & Milk	Cinnamon Toast, Applesauce & Milk	Biscuits w/ Jelly, Juice & Milk	Oatmeal, Fruit & Milk	CLOSED
AM Snack	Yogurt & Grahams	Fruit & Crackers	Cheese & Pretzels	Mixed Fruit & Grahams	FOR FALL
Lunch	Stir Fry Chicken, Fruit & Milk	Corndogs, Baked Beans, Fruit & Milk	Sausage Pizza, Carrot Sticks, Fruit & Milk	Tuna Casserole, Mixed Veggies, Fruit & Milk	FALL
PM Snack	Veggie Sticks w/ Dip & Goldfish	WOW Butter & Tortillas	Cookies & Milk	Trail Mix & Juice	BREAK!
Week 3	16	17	18	19	20
Breakfast	Waffles, Fruit & Milk	Cereal, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Cheese Toast, Juice & Milk	Cream of Wheat, Fruit & Milk
AM Snack	Applesauce & Cheeze Itz	String Cheese & Apples	Goldfish & Juice	Yogurt & Grahams	Fruit & Crackers
Lunch	Bean Burritos, Salad, Fruit & Milk	Penne Pasta w/ Meat Sauce, Corn, Fruit & Milk	Scalloped Potatoes w/ Cheese, Broccoli, Fruit & Milk	Chicken Noodle Soup, Crackers, Fruit & Milk	Tuna Sandwiches, Tater Tots, Fruit & Milk
PM Snack	Muffins & Milk	Trail Mix & Juice	Veggie Sticks w/ Dip & Crackers	WOW Butter & Tortillas	Cookies & Milk
Week 4	23	24	25	26	27
Breakfast	Cereal, Fruit & Milk	Oatmeal, Fruit & Milk	Waffles, Fruit & Milk	Cheese Toast, Fruit & Milk	CLOSED
AM Snack	Cheese & Pretzels	Yogurt & Goldfish	WOW Butter & Crackers	Applesauce & Grahams	FOR
Lunch	Meatballs w/ Gravy, Rice, Salad, Fruit & Milk	Fish Fillets, Corn, Fruit & Milk	Mac & Cheese, Green Beans, Fruit & Milk	Chef's Salad, Breadsticks, Fruit & Milk	INSERVICE
PM Snack	Veggie Sticks w/ Dip & Crackers	Fruit & Crackers	Trail Mix & Juice	Pudding & Vanilla Wafers	DAY!
Week 5	30	31			
Breakfast	Bagels w/ Cream Cheese, Juice & Milk	Cereal, Fruit & Milk	Highlighted Items are in Celebration of National Days!		
AM Snack	Fruit & Crackers	WOW Butter & Crackers			
Lunch	Hamburgers, Lettuce, Tomato, Fruit & Milk	Broccoli Cheese Soup, Cornbread, Fruit & Milk			
PM Snack	Tortillas w/ Cheese	Apples w/ Caramel Dip			