



COVENANT SCHOOLS DEL NORTE, L.L.C.



July 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Sausage and Egg Burritos, Fruit & Milk	Biscuits & Jelly, Fruit & Milk	CLOSED	Oatmeal, Fruit & Milk	Cereal, Fruit & Milk
AM Snack	Apples & Crackers	Goldfish & Juice	FOR THE 4th OF JULY!	Grahams & Bananas	String Cheese & Crackers
Lunch	Chicken Noodle Soup, Crackers, Fruit & Milk	Corn Dogs, Baked Beans, Fruit & Milk		Red Beans & Rice, Fruit & Milk	Green Chile Stew, Tortillas, Fruit & Milk
PM Snack	Chips & Salsa	Trail Mix & Juice		Cucumbers w/ Ranch & Crackers	Muffins & Milk
Week 2	9	10	11	12	13
Breakfast	Biscuits & Gravy, Fruit & Milk	Cream of Wheat, Fruit & Milk	Cheese Toast, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk	Yogurt w/ Fruit & Milk
AM Snack	String Cheese & Apples	Watermelon & Saltines	Pretzels & Oranges	Bananas & Grahams	Strawberries & Crackers
Lunch	Hamburgers w/Fries, Green Beans, Fruit & Milk	Chicken Stir-Fry, Fruit & Milk	Chef Salad, Breadsticks, Fruit, Milk	Mac & Cheese, Green Beans, Fruit & Milk	Tuna Pasta Salad, Fruit, Milk
PM Snack	Bell Peppers w/ Ranch & Crackers	Animal Crackers & Milk	Tortillas & Cheese	Bagels & Jelly	Banana Bread & Oranges
Week 3	16	17	18	19	20
Breakfast	English Muffins w/ Jelly, Fruit & Milk	Waffles, Fruit & Milk	Egg Bites, Fruit & Milk	Cereal, Fruit & Milk	Oatmeal, Fruit & Milk
AM Snack	Cantaloupe & Crackers	Cheese Toast w/ Oranges	Grahams & Apples	Yogurt & Granola	Cheese & Crackers
Lunch	Spaghetti, Green Beans, Fruit & Milk	Pinto Beans, Cornbread, Carrots, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Quesadillas, Cucumbers, Fruit & Milk	Teriyaki Chicken, Rice, Vegetables, Fruit & Milk
PM Snack	Celery w/ Cream Cheese & Crackers	Trail Mix w. Juice	Cheeze Its w/ Apples	Carrots w/ Ranch & Crackers	Brownies & Milk
Week 4	23	24	25	26	27
Breakfast	Blueberry Muffins, Fruit & Milk	Cinnamon Toast, Fruit & Milk	Egg & Cheese Burritos, Fruit & Milk	Bagels w/ Jelly, Fruit & Milk	Cereal, Fruit & Milk
AM Snack	Watermelon & Crackers	Celery w/ WOW Butter & Crackers	Cheese & Crackers	Pretzels & Bananas	Yogurt & Fruit
Lunch	Pizza, Carrots, Fruit & Milk	WOW Butter & Jelly Sandwiches, Celery, Fruit & Milk	Chicken Nuggets, Mashed Potatoes, Green Beans & Milk	Bean & Cheese Burritos, Cucumbers, Fruit & Milk	Ham & Cheese Sandwiches, Chips, Fruit & Milk
PM Snack	Applesauce & Crackers	Jello w/ Fruit & Grahams	Cantaloupe & Crackers	Tortillas & Cheese	Carrots w/Ranch & Crackers
Week 5	28	29			
Breakfast	Waffles, Fruit & Milk	Yogurt, Fruit & Milk			
AM Snack	Apples w/WOW Butter & Crackers	Cheese Toast & Milk	Highlighted Items are in Celebration of National Days!		
Lunch	Grilled Cheese Sandwiches, Pickles, Fruit & Milk	Fajitas, Fruit & Milk			
PM Snack	Cucumbers w/ Ranch & Crackers	Ham & Cheese Roll Up w/ Crackers			