



COVENANT SCHOOLS DEL NORTE, L.L.C.



October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
Breakfast	Cereal, Apples & Milk	Hash Browns, Toast, Apple Juice & Milk	Bagels w/ Jelly, Fruit & Milk	Yogurt w/Granola, Bananas & Milk	French Toast Sticks, Syrup, Fruit & Milk
AM Snack	Cheese & Saltines	Bananas & Grahams	Cantaloupe & TH Crackers	Cinnamon Toast & Juice	Applesauce & Grahams
Lunch	Chicken Patties, Mashed Potatoes w/Gravy, Oranges & Milk	Spaghetti w/Meat Sauce, Salad, Fruit & Milk	Scalloped Potatoes w/Cheese, Green Beans, Fruit & Milk	Chicken Tacos , Lettuce, Tomatoes, Fruit & Milk	Tuna Casserole, Mixed Veggies, Fruit & Milk
PM Snack	Rice Pudding & Cantaloupe	Oatmeal Cookies & Milk	Jello w/Fruit & Saltines	Turkey Tortillas Roll Ups	Chocolate Pudding & Bananas
Week 2	8	9	10	11	12
Breakfast	Cream of Wheat, Fruit & Milk	Egg Bites, Juice & Milk	Biscuits w/Gravy, Fruit & Milk	Cereal, Fruit & Milk	CLOSED
AM Snack	Apples & Cheese	Yogurt & Blueberries	WOW Butter & Celery	Oranges & Pretzels	FOR FALL
Lunch	Tuna Sandwiches, Tator Tots, Fruit & Milk	Green Chile Chicken Stew, Fruit, Tortillas & Milk	Spanish Rice w/ Beef, Corn, Fruit & Milk	Sausage Pizza , Veggie Sticks, Fruit & Milk	BREAK!
PM Snack	Cereal Bars & Milk	Pudding & Vanilla Wafers	Trial Mix & Juice	Jello w/Fruit & Grahams	BREAK!
Week 3	15	16	17	18	19
Breakfast	Waffles, Blueberries & Milk	Bagels w/Cream Cheese, Fruit & Milk	Cereal, Fruit & Milk	French Toast Sticks, Fruit & Milk	Biscuits w/Gravy, Juice & Milk
AM Snack	Apples & String Cheese	Bananas & Grahams	Yogurt & TH Crackers	Cheese & Pretzels	Apples w/WOW Butter
Lunch	Hamburgers, Pickles, Chips, Fruit & Milk	Chicken Fajitas, Veggies, Fruit & Milk	Tuna Pasta Salad w/Cucumbers, Tomatoes, Fruit & Milk	Tator Tot Casserole, Salad, Fruit & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk
PM Snack	WOW Butter & Tortillas	Jello w/Fruit & Goldfish	Rice Krispy Treats & Milk	Veggie Sticks w/Ranch	Pudding & Vanilla Wafers
Week 4	22	23	24	25	26
Breakfast	Egg Bites, Juice & Milk	Cream of Wheat, Fruit & Milk	Blueberry Muffins, Fruit & Milk	Cereal, Fruit & Milk	CLOSED
AM Snack	Cinnamon Toast & Oranges	Cheese & Saltines	Oranges & Pretzels	Yogurt & Bananas	FOR INSERVICE
Lunch	Bean Burritos w/ Cheese, Lettuce, Tomato, Fruit & Milk	Pancakes, Sausage, Blueberries & Milk	Lasagna, Broccoli, Pears & Milk	Green Chile Cheese Enchiladas, Salad, Fruit & Milk	DAY!!
PM Snack	Carrots & Ranch	Jello w/Fruit & Grahams	Celery & WOW Butter	Pumpkin Muffins & Milk	DAY!!
Week 5	29	30	31	Highlighted Items Are In Celebration Of National Days!!	
Breakfast	Oatmeal, Fruit & Milk	Applesauce Muffins, Fruit & Milk	Cereal, Fruit & Milk		
AM Snack	String Cheese & Apples	Yogurt & Blueberries	Cheese Toast & Juice		
Lunch	Taco Salad, Tortillas, Fruit & Milk	Broccoli Cheese Soup, Cornbread, Fruit & Milk	Frito Pie, Corn, Fruit & Milk		
PM Snack	Brownies & Milk	WOW Butter & Tortillas	Apples w/Caramel Dip		