



**COVENANT SCHOOLS DEL NORTE, L.L.C.**



**November 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>				<b>1</b>	<b>2</b>
Breakfast	Highlighted items are in Celebration of National Days			Pancakes w/ Syrup, Fruit & Milk	Bagels w/ Cream Cheese, Fruit & Milk
AM Snack				Fruit & Crackers	Trail Mix & Juice
Lunch				Meatballs w/Gravy, Mashed Potatoes, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk
PM Snack				Veggie Sticks w/Ranch	Jello w/Fruit & Grahams
<b>Week 2</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Breakfast	Cream of Wheat, Fruit & Milk	Biscuits w/Gravy, Juice & Milk	Cereal, Fruit & Milk	Yogurt & Granola, Fruit & Milk	Pancakes w/Syrup, Fruit & Milk
AM Snack	Cheese & Crackers	Orange & Pretzels	Cinnamon Toast, Juice & Milk	Tortillas & Jelly Roll Ups & Milk	String Cheese & Apples
Lunch	Green Chili Stew, Cornbread, Fruit & Milk	Nachos, Salad, Fruit & Milk	WOW Butter & Jelly Sandwiches, Chips, Fruit & Milk	Tuna Casserole w/Mixed Veggies, Fruit & Milk	Bean Burritos, Salad, Fruit & Milk
PM Snack	Pudding & Vanilla Wafers	WOW Butter & Celery	Jello w/Fruit & Saltines	Bananas & Grahams	Veggie Sticks w/Ranch
<b>Week 3</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Breakfast	Cereal, Fruit & Milk	Pancakes w/Syrup, Fruit & Milk	Cream of Wheat, Fruit & Milk	Toast w/Jelly, Juice & Milk	Yogurt w/Fruit & Milk
AM Snack	Oranges & Milk	Tortillas w/Jelly & Milk	Trail Mix & Juice	Cinnamon Apples & Grahams	Cheese & Pretzels
Lunch	Pizza, Veggie Sticks, Fruit & Milk	Green Chili Enchiladas, Salad Fruit & Milk	Hamburgers w/Pickles, Chips, Fruit & Milk	Tomato Soup, Grilled Cheese, Fruit & Milk	Chicken Pot Pie, Fruit & Milk
PM Snack	Rice Krispy Treats & Milk	Bananas & Grahams	Oatmeal Muffins & Milk	Veggie Sticks w/Dip	Cookies & Milk
<b>Week 4</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Breakfast	Bagels w/ Jelly Fruit & Milk	Cream of Wheat, Fruit & Milk	Cereal, Fruit & Milk	<b>CLOSED</b>	<b>CLOSED</b>
AM Snack	Yogurt & Granola	String Cheese & Apples	TH Crackers & WOW Butter	<b>FOR</b>	<b>FOR</b>
Lunch	Chicken & Rice w/Broccoli Casserole, Fruit & Milk	Tater Tot Casserole w/Mix Veggies, Fruit & Milk	White Bean Chili, Crackers, Fruit & Milk	<b>THANKSGIVING</b>	<b>THANKSGIVING</b>
PM Snack	Fruit & Crackers	Pretzels & Oranges	Pudding & Grahams	<b>HOLIDAY!</b>	<b>HOLIDAY!</b>
<b>Week 5</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Breakfast	Cereal, Fruit & Milk	Bagels w/Jelly, Fruit & Milk	French Toast Sticks, Fruit & Milk	Cream of Wheat, Fruit & Milk	Biscuits & Gravy w/Fruit & Milk
AM Snack	Cheese & Crackers	Cereal Bars & Milk	Bananas & Grahams	Cinnamon Toast & Juice	Applesauce & Goldfish
Lunch	Chicken Tacos, Lettuce Tomatoes, Fruit & Milk	Meatloaf, Mashed Potatoes, Fruit & Milk,	Broccoli Cheese Soup, Cornbread, Fruit & Milk	Beef-a-Roni, Corn, Fruit & Milk	Turkey Sandwiches, Potato Chips, Pickles & Milk
PM Snack	Cookies & Milk	Celery & WOW Butter	Trail Mix & Juice	Banana Muffins & Milk	Apples & Cheese