

COVENANT SCHOOLS DEL NORTE, L.L.C.

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	31	1	2	3	4
Breakfast	HIGHLIGHTED ITEMS ARE IN	CLOSED	French Toast Sticks w/ Syrup, Fruit, Milk	Egg Bites, Fruit, Milk	Cereal, Fruit, Milk
AM Snack	CELEBRATION OF NATIONAL	FOR	Bananas and Wow Butter	Cheese and Crackers	Yogurt and Grahams
Lunch	DAYS!!	NEW YEARS	Quesadillas, Salad, Fruit, Milk	Turkey Grilled Cheese, Tomato Soup, Fruit, Milk	Spaghetti w/ Sauce, Broccoli Fruit, Milk
PM Snack		DAY	Fruit and Goldish	Animal Crackers and Fruit	Carrots and Crackers
Week 2	7	8	9	10	11
Breakfast	Bagels w/ jelly, Fruit, Milk	Cereal, Fruit, Milk	Yogurt w/ Granola. Fruit, Milk	English Muffins w/Jelly, Fruit, Milk	Pancakes, Fruit, Milk
AM Snack	Apples and Pretzels	Oranges and Saltines	Tortillas and Wow Butter	Cheeze It's and Juice	Veggie Sticks and Crackers
Lunch	Cheesy Potato Soup, Crackers, Fruit, Milk	Chicken and Cheese Enchiladas, Green Beans, Fruit, Milk	Hamburgers, Tator Tots, Pickles, Milk	Frito Pie, Corn, Fruit, Milk	Chef Salad, breadsticks, fruit, Milk
PM Snack	Tortilla Jelly Roll Up	Cookies and Milk	Trail Mix and Juice	Pudding and Vanilla Wafers	Cheerios and Pineapple
Week 3	14	15	16	17	18
Breakfast	Cereal, Fruit, Milk	Cream of Wheat, Juice, Milk	Waffles, Fruit, Milk	Pancakes, Fruit, Milk	Cinnamon Toast, Juice, Milk
AM Snack	String Cheese and Crackers	Fruit and Pretzels	Goldfish and Fruit	Yogurt and Granola	Tortillas and Wow Butter
Lunch	Chicken Tacos, Spanish Rice, Fruit, Milk	Chicken Nuggets, Green Beans, Carrot Sticks, Milk	Broccoli Soup, crackers, Fruit, Milk	Meatballs w/ Gravy, Rice, Fruit, Milk	Chicken Salad Sandwiches, chips, Fruit, Milk
PM Snack	Trail Mix and Juice	Jell-O w/ Fruit and Crackers	Veggie Sticks w/ Ranch, rice cakes	Chocolate Chip Muffins and Milk	Animal crackers and Fruit
Week 4	21	22	23	24	25
Breakfast	CLOSED	Egg Bites, Juice, Milk	Cereal, Fruit, Milk	Bagels w/ Cream Cheese, Fruit, Milk	French Toast, Fruit, Milk
AM Snack	FOR	Alphabet Crackers and Milk	Granola Bars and Juice	String Cheese and Fruit	Cream Cheese and Crackers
Lunch	MLK	Taco Tostada Casserole, Corn, Fruit and Milk	Wow Butter and Jelly Sandwiches, Cucumbers, Fruit, Milk	Scalloped Potatoes w/ Ham, Green Beans, Fruit, Milk	Hawaiian Pasta Salad, Breadsticks, Fruit, Milk
PM Snack	DAY	Applesauce and TH Crackers	Banana Bread and Milk	Veggie Sticks w/ Ranch	Pudding w/ Graham Crackers
Week 5	28	29	30	31	
Breakfast	Blueberry Pancakes, Milk	Cereal, Fruit, Milk	Cream of Wheat, Juice, Milk	Bagels w/ Jelly, Fruit, Milk	
AM Snack	Applesauce, Animal Crackers	Cinnamon Bread and Milk	Cheese and Crackers	Cinnamon Apples and Milk	
Lunch	Sloppy Joes, Carrot sticks, Fruit, Milk	Chicken Noodle Soup, Crackers, Fruit, Milk	Macaroni n Cheese, Peas, Salad, Milk	Bean Burritos, Hasbrowns, Fruit, Milk	
PM Snack	Tortillas and Cheese	Apples and Wow Butter	Trail Mix and Juice	String Cheese and Crackers	