



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



## August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				<b>1</b>	<b>2</b>
<b>Breakfast</b>				Yogurt, Mango, and Milk	Cream of Wheat, Blueberries, and Milk
<b>AM Snack</b>				Pretzels and Apples	Watermelon and Cheerios
<b>Lunch</b>				Meat Loaf, Mashed Potatoes, Green Beans, and Milk	Chicken Fajitas with Bell Peppers, Tortillas, and Fruit
<b>PM Snack</b>				Trail Mix and Oranges	Cheeze-Its
<b>Week 2</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Breakfast</b>	Hashbrowns, Banana's, and Milk	Pancakes, Sausage, and Milk	Cereal, Fruit, and Milk	Banana Muffins and Milk	Bagel with Jelly and Milk
<b>AM Snack</b>	Apples and Saltines	Chex Mix and Juice	Tortilla Roll-Ups	Cantaloupe and Goldfish	Strawberries and Animal Crackers
<b>Lunch</b>	Spaghetti, Peas, Fruit, and Milk	Ham Sandwiches, French Fries, Fruit, and Milk	Baked Chicken Parmesan, Rice, Fruit, and Milk	Broccoli Cheese Soup, Crackers, Watermelon, and Milk	Meatballs, Corn, Pineapple, and Milk
<b>PM Snack</b>	Cheese and Pretzels	Bananas and Graham Crackers	Cream of Wheat Muffins, and Milk	Veggie Straws and Oranges	<b>Rice Pudding</b>
<b>Week 3</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Breakfast</b>	French Toast and Milk	Cream of Wheat, Blueberries, and Milk	Breakfast Burritos, Fruit, and Milk	Cereal, Fruit, and Milk	Yogurt, Fruit, and Milk
<b>AM Snack</b>	Cereal Bars	String Cheese and Apples	Oatmeal Muffins and Milk	Apple Sauce and Crackers	Bananas and Cheerios
<b>Lunch</b>	Fried Rice with Chicken, Fruit, and Milk	Hamburgers, Broccoli, Chips, and Milk	Ravioli, Peas, Fruit, and Milk	Pancakes, Fruit, Sausage, and Milk	Wow Butter and Jelly Sandwiches, Oranges, Tater Tots, and Milk
<b>PM Snack</b>	Cantaloupe and Crackers	Pudding	Trail Mix	Tortilla Roll-Ups	Pretzels and Juice
<b>Week 4</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Breakfast</b>	Cereal, Fruit, and Milk	Toast with Jelly and Milk	French Toast, Fruit, and Milk	Oatmeal Muffins, Bananas, and Milk	
<b>AM Snack</b>	Tortilla Roll-Ups	Yogurt and Bananas	Veggie Sticks and Ranch		
<b>Lunch</b>	Mac-N-Cheese, Peas, Strawberries, and Milk	Chicken Nuggets, Mixed Veggies, Fruit, and Milk	Beef-A-Roni, Green Beans, Fruit, and Milk		
<b>PM Snack</b>	Peaches and Animal Crackers	Cucumbers and Crackers	Oranges and Trisuits		
<b>Week 5</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Breakfast</b>			<b>Cherry Turnover</b>		
<b>AM Snack</b>			Wheat Thins and Cream Cheese		
<b>Lunch</b>		Chicken Noodle Soup, Crackers, Fruit, and Milk	Tater Tot Casserole with Mixed Veggies, Fruit, and Milk		
<b>PM Snack</b>		Tortilla and Cheese	Pineapple and Graham Crackers		