



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



July 2019

|                  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday                                   |
|------------------|---|--|--|--|--|
| <b>Week 1</b>    | 1   | 2  | 3  | 4  | 5  |
| <b>Breakfast</b> | Bagels with Cream Cheese                              | Egg Bites with Cheese, Juice, and Milk             | Cheerios, Fruit, and Milk                          | CLOSED   | Toast with Jelly, Fruit, and Milk        |
| <b>AM Snack</b>  | Fruit with Animal Crackers                            | String Cheese and Pretzels                         | Townhouse Crackers and Cream Cheese                | FOR  | Graham Crackers and Apple Sauce          |
| <b>Lunch</b>     | Sloppy Joes, Green Beans, Fruit, and Milk             | Salad with Ham, Breadsticks, Fruit, and Milk       | Chicken Salad Sandwiches, Fruit, and Milk          | 4 <sup>th</sup> OF JULY                              | Alfredo Pasta, Peas, Fruit, and Milk     |
| <b>PM Snack</b>  | Celery Sticks with Wow Butter                         | Bananas and Graham Crackers                        | Cinnamon Apples and Goldfish                       | HOLIDAY  | Pretzels and Juice                       |
| <b>Week 2</b>    | 8   | 9  | 10   | 11   | 12                                       |
| <b>Breakfast</b> | Pancakes, Fruit, and Milk                             | Hashbrowns, Fruit, and Milk                        | Toasted Bagels with Butter, Fruit, and Milk        | Biscuits with Gravy and Milk                         | Rice Krispies, Fruit, and Milk           |
| <b>AM Snack</b>  | Apples and Graham Crackers                            | Oranges and Cheerios                               | Strawberry Yogurt and Graham Crackers              | Bananas and Wow Butter                               | Cantaloupe and Vanilla Wafers            |
| <b>Lunch</b>     | Red Chili Enchiladas, Corn, Fruit, and Milk           | Chicken Pasta, Salad, Breadsticks, Fruit, and Milk | Chicken Tacos, Salad, Fruit, and Milk              | Fish Sticks, Salad, Fruit, and Milk                  | Baked Ziti, Peas, Fruit, and Milk        |
| <b>PM Snack</b>  | Trail Mix and Juice                                   | Sugar Cookies and Milk                             | Carrot Stick and Saltines                          | Cheese Squares and Townhouse Crackers                | Ambrosia Salad                           |
| <b>Week 3</b>    | 15  | 16   | 17   | 18   | 19                                       |
| <b>Breakfast</b> | Yogurt and Granola                                    | Cornflakes, Fruit, and Milk                        | English Muffins with Sausage and Milk              | Waffles, Fruit, and Milk                             | Bagels with Jelly, Juice, and Milk       |
| <b>AM Snack</b>  | Mandarin Oranges and Animal Crackers                  | Saltines and Ham Squares                           | Goldfish and Juice                                 | Cinnamon, Toast, and Milk                            | Yogurt and Graham Crackers               |
| <b>Lunch</b>     | Mexican Pasta, Fruit, and Milk                        | Bean Burritos, Fruit, and Milk                     | Beef with Spanish Rice, Salad, Fruit, and Milk     | Cheese Sandwich, Cucumbers, Fruit, and Milk          | Meatball Subs, Salad, Fruit, and Milk    |
| <b>PM Snack</b>  | Chees-Its and Juice                                   | Bell Peppers with Saltines                         | Pretzels and String Cheese                         | Chocolate Pudding and Graham Crackers                | Ham and Cheese Squares                   |
| <b>Week 4</b>    | 22  | 23   | 24   | 25   | 26                                       |
| <b>Breakfast</b> | French Toast, Fruit, and Milk                         | Cereal, Fruit, and Milk                            | Oatmeal, Fruit, and Milk                           | Biscuits with Sausage and Milk                       | Egg Bites with Ham and Milk              |
| <b>AM Snack</b>  | Tortillas with Cheese                                 | Cheese Toast and Juice                             | Apples and Crackers                                | Toast and Milk                                       | String Cheese and Pretzels               |
| <b>Lunch</b>     | Mac-N-Cheese, Salad, Fruit, and Milk                  | Taco Salad, Tortillas, Fruit, and Milk             | Quesadillas, Salad, Fruit, and Milk                | Teriyaki Chicken with Rice, Carrots, Fruit, and Milk | Baked Beans, Corn Bread, Fruit, and Milk |
| <b>PM Snack</b>  | Veggie Sticks, with Saltines                          | Oranges and Goldfish                               | Brownies and Milk                                  | Townhouse Crackers and Ham Squares                   | Cucumbers and Saltines                   |
| <b>Week 5</b>    | 29  | 30   | 31   |  |  |
| <b>Breakfast</b> | Cereal, Fruit, and Milk                               | Oatmeal, Blueberry Muffins, and Milk               | Breakfast Burritos, Fruit, and Milk                |  |  |
| <b>AM Snack</b>  | Mixed Fruit and Goldfish                              | Yogurt and Graham Crackers                         | Apples with Wow Butter                             |  |  |
| <b>Lunch</b>     | Beef Tacos with Tomatoes and Lettuce, Fruit, and Milk | Cheese Pizza, Salad, Fruit, and Milk               | Italian Pasta Salad, Garlic Bread, Fruit, and Milk |  |  |
| <b>PM Snack</b>  | Vanilla Wafers and Milk                               | Tortillas and Turkey Squares                       | Jell-O 123 with Mixed Fruit                        |  |  |