



**COVENANT SCHOOLS DEL NORTE, L.L.C.**  
January 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>			1	2	3
<b>Breakfast</b>			CLOSED	Cereal, Fruit, and Milk	Cinnamon Raisin Toast and Milk
<b>AM Snack</b>			FOR	Oranges and Cheese	Pretzels
<b>Lunch</b>			NEW YEARS	Fish Sticks, Fruit, Mashed Potatoes, and Milk	Kielbasa and Lentil Soup, Crackers, Fruit, and Milk
<b>PM Snack</b>			DAY!!!	Animal Crackers	Cheez-Its and Juice
<b>Week 2</b>	6	7	8	9	10
<b>Breakfast</b>	French Toast, Fruit, and Milk	Sausage, Tortilla and Milk	Fruit Pastry and Milk	Breakfast Burritos and Milk	Waffles and Milk
<b>AM Snack</b>	Yogurt and Berries	Smiley Face Fries	Baked Apples	Tortillas and Cheese	Triscuits and Cream Cheese
<b>Lunch</b>	Veggie Burger, Tater Tots, and Milk	Bean and Cheese Burritos, Fruit, and Milk	Spaghetti, Green Beans, and Milk	Meatballs, Brown Rice, and Milk	Chicken Noddle Soup, Crackers, and Milk
<b>PM Snack</b>	Cauliflower Sticks	Oranges and Pretzels	Pretzel Bites	Pirate Booty Snack	Yogurt and Bananas
<b>Week 3</b>	13	14	15	16	17
<b>Breakfast</b>	Egg Quesadilla and Milk	Hash Browns, Fruit, and Milk	Bagels with Cream Cheese and Milk	Banana Bread and Milk	Cereal, Fruit, and Milk
<b>AM Snack</b>	Banana Sushi	Applesauce and Grams	Cucumber and Crackers	Yogurt and Blueberries	Apples and Cheese
<b>Lunch</b>	Mac-n-Cheese with Peas and Milk	Pastrami Sandwich, Chips, Pineapple, and Milk	Shrimp Pasta, Bread Sticks, and Milk	Taquitos, Beans, Oranges, and Milk	Chicken Bites, Brown Rice, Fruit, and Milk
<b>PM Snack</b>	Carrots and Ranch	Muffins and Milk	Fruit Salad	Goldfish	Bagels and Cream Cheese
<b>Week 4</b>	20	21	22	23	24
<b>Breakfast</b>	CLOSED	Ham and Cheese Hash Browns with Milk	Cinnamon Raisin Toast and Milk	Scrambled Eggs and Milk	Sausage and Potatoes with Milk
<b>AM Snack</b>	FOR	Wheat-Thins	Chex Mix	Peaches and Cream	Oranges and Cherrios
<b>Lunch</b>	MLK	Chicken Nuggets with French Fries, Fruit, and Milk	Waffles, Sausage, Fruit, and Milk	Sliders, Corn, Fruit, and Milk	Sour Cream Enchiladas, Beans, and Milk
<b>PM Snack</b>	DAY!!!	Granola Bars	Celery and Wow-Butter	Alphabet Crackers	Yogurt Covered Pretzels
<b>Week 5</b>	27	28	29	30	31
<b>Breakfast</b>	Peach Baked Oatmeal and Milk	Egg Bites and Milk	Overnight Blueberry French Toast and Milk	Croissant and Jelly with Milk	Toast and Jelly with Milk
<b>AM Snack</b>	Trail Mix	String Cheese and Pretzels	Bananas and Wow-Butter	Carrots and Ranch	Hot Chocolate and Grams
<b>Lunch</b>	Fettucine Alfredo, Broccoli, Bread, and Milk	Meatloaf, Mashed Potatoes, Gravy, and Milk	Grilled Cheese, Tomato Soup, Pickles, and Milk	Taco Salad, Tortillas, Fruit, and Milk	Chicken Patty Sandwich, Green Beans, Peaches, and Milk
<b>PM Snack</b>	Go-Gurt	Fruit and Grahams	Teddy Grahams	Fruit Salad	Cheese Tortillas