



COVENANT SCHOOLS DEL NORTE, L.L.C.



March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Hash Browns and Milk	Sausage and Tortillas with Milk	Muffins and Milk	Pancakes, Fruit, and Milk	Cereal, Fruit, and Milk
AM Snack	Goldfish and Pears	Snap Peas and 1000 Island dressing	Fruit Salad	Tortillas and Cheese	Mozzarella Sticks and Ranch dressing
Lunch	Alfredo Pasta, Veggies, and Milk	Cold Cut Sandwiches , Chips, Fruit, and Milk	Chicken Nuggets, Green Beans, and Milk	Hamburgers, Pickles, Fries, and Milk	Green Chile Stew, Fruit Tortillas, and Milk
PM Snack	Granola Bars and Juice	Fig Newtons and Milk	String Cheese and Crackers	Oranges and Pretzels	Triscuits and Carrots
Week 2		10	11	12	13
Breakfast	Oatmeal and Milk	Ham and Cheese Egg Bites, and Milk	Cream of Wheat and Milk	Breakfast Casserole and Milk	Cereal, Fruit, and Milk
AM Snack	Pretzel Bites	Pita and Hummus	Frozen Juice Pops	Applesauce and Grahams	Cheese Toast and Juice
Lunch	Meatballs , Rice, Veggies, and Milk	Chicken Patties Sandwich, Veggies, and Milk	Potato and Beef Tacos with Cheese and Lettuce, Fruit, and Milk	Spaghetti, Green Beans, Breadsticks, and Milk	Italian Wedding Soup, Crackers, Fruit, and Milk
PM Snack	Yogurt and Bananas	Snap Peas and Crackers	Cheez-Its and Cantaloupe	Kix and Milk	Pears and Pretzels
Week 3	16	17	18	19	20
Breakfast	Omelets and Milk	Breakfast Burritos and Milk	Cereal, Fruit, and Milk	Ham and Cheese Hash Browns and Milk	Toast with Jelly and Milk
AM Snack	Avocado Toast	Apple Chips and Milk	Veggie Crisps	Wheat Thins and Cream Cheese	Yogurt and Blueberries
Lunch	Fried Rice, Egg Rolls, Fruit, and Milk	Baked Chicken, Veggies, Fruit, and Milk	Sloppy Joes , Chips, Fruit, and Milk	Lasagna, Broccoli, Garlic Bread. and Milk	Chicken Noodle Soup, Fruit, Crackers, and Milk
PM Snack	Mini Frosted Wheats and Milk	Cucumbers and Cream Cheese	Trail Mix and Juice	Oatmeal Cookies and Milk	Cheddar Cheese and Apples
Week 4	23	24	25	26	27
Breakfast	Bagels with Cream Cheese, and Milk	Greek Yogurt with Granola, and Milk	Waffles , Fruit, and Milk	Breakfast Sandwiches and Milk	Cereal, Fruit, and Milk
AM Snack	Fruit Puff Pastry	Bananas and Wow Butter	Veggies and Ranch	Cinnamon Sugar Bagels	Turkey Cubes and Carrots
Lunch	Shrimp Pasta, Fruit, Bread, and Milk	Quesadillas, Beans, Fruit, and Milk	BBQ Chicken, Sweet Potato Fries, Pineapple and Milk	Red Beans and Rice with Fruit and Milk	Veggie Rice Soup, Crackers, Fruit, and Milk
PM Snack	Puppy Chow and Milk	Rice Cakes	String Cheese and Pretzels	Energy Balls and Milk	Fruit Leathers
Week 5	30	31			
Breakfast	French Toast Sticks and Milk	Muffins and Milk			
AM Snack	Bread Sticks with Marinara Sauce	Fruit Salad	Highlighted Items are in		
Lunch	Taco Salad, Tortillas, Fruit, and Milk	Mini Corn Dogs, Sweet Potatoes Fries, and Milk	Celebration of National Days		
PM Snack	Chocolate Pudding Bars	Chips and Salsa			