



## COVENANT SCHOOLS DEL NORTE October 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				<b>1</b>	<b>2</b>
<b>Breakfast</b>	<b>Highlighted items</b>			Yogurt, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	<b>are in</b>			Carrot Sticks & Ranch	Apples & Cheese
<b>Lunch</b>	<b>Celebration of</b>			Turkey Sandwich, Chips, Fruit & Milk	Pepperoni Bagel Bites, Fruit and Milk
<b>PM Snack</b>	<b>National Days</b>			Cookies & Milk	Veggie Straws
<b>Week 2</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Breakfast</b>	Pancakes & Milk	Sausage Tortilla & Milk	Banana Bread & Milk	Breakfast Burrito & Milk	<b>Closed</b>
<b>AM Snack</b>	Banana & Grahams	Grape Juice & Goldfish	Turkey, Cheese & Crackers	Cucumbers & Ranch	<b>For</b>
<b>Lunch</b>	Chicken & Rice Casserole, Pineapple & Milk	Hamburger, Fruit, Chips & Milk	Spaghetti, Salad & Milk	Chicken Nuggets, Corn, Fruit & milk	<b>Fall</b>
<b>PM Snack</b>	Pirates Booty	Clementine's	Trail Mix	Rice Cakes	<b>Break</b>
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Breakfast</b>	Bagel w/ Cream Cheese & Milk	Hash Browns & Milk	Blueberry Muffin & Milk	Waffles & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Hot Cocoa & Grahams	Smoothie	Fruit & Yogurt	Tortilla & Cheese	Cinnamon Biscuit
<b>Lunch</b>	Chicken Enchiladas, Salad & Milk	Wow Butter & Jelly Sandwich, Fruit & Milk	Fettuccine Alfredo, Salad & Milk	Chili w/ Crackers, Fruit & Milk	Grilled Cheese, Tomato Soup & Milk
<b>PM Snack</b>	Fruit & Crackers	Cheese Itz Crackers	Granola Bar	Goldfish & Fruit	Animal Crackers
<b>Week 4</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Breakfast</b>	Pumpkin Bread & Milk	French Toast & Milk	English Muffin w/ Jelly & Milk	Sausage Tortilla & Milk	<b>Closed</b>
<b>AM Snack</b>	Applesauce & Goldfish	Watermelon	Caramel Apples & Milk	Cantaloupe	<b>For</b>
<b>Lunch</b>	Broccoli Cheese Soup, Biscuit, & Milk	Chef's Salad, Fruit, Breadstick, & Milk	Cheese Quesadilla, Fruit & Milk	Fish Sticks, Green Beans, & Milk	<b>In-Service</b>
<b>PM Snack</b>	Zucchini Brownies	Energy Balls	Trail Mix	Veggie Pasta Salad	<b>Day</b>
<b>Week 5</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Breakfast</b>	Yogurt, Fruit & Milk	Toast w/ Jelly & Milk	Hash Browns & Milk	Oatmeal, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Cinnamon Apples	Yogurt & Blueberries	Fruit Salsa w/ Cinnamon Chips	Pretzels & Hummus	Wow Butter & Rice Cakes
<b>Lunch</b>	Sloppy Joes, French Fries & Milk	Cheesy Chicken & Rice Casserole with Broccoli, Fruit & Milk	Baked Ziti, Green Beans & Milk	Taco Salad, Fruit, Tortillas, Fruit & Milk	Chicken Pasta Salad, Fruit and Milk
<b>PM Snack</b>	Pretzels & String Cheese	Sweet Potato Chips	Rice Krispy Treats & Milk	Cheese Itz Crackers	Bread Sticks & Marinara Sauce