



## COVENANT SCHOOLS SATELLITE October 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				<b>1</b>	<b>2</b>
<b>Breakfast</b>	<b>Highlighted Items are in Celebration of National Days</b>			Yogurt, Fruit & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>				Carrot Sticks & Ranch	Apples & Cheese
<b>Lunch</b>					
<b>PM Snack</b>				Homemade Cookies	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>No</b>
<b>AM Snack</b>	Banana & Raisins	Grapes & Goldfish	Lunchmeat, Cheese & Crackers	Cucumbers & Ranch	<b>School</b>
<b>Lunch</b>					<b>Fall</b>
<b>PM Snack</b>	Pirates Booty	Clementines	Popcorn	Rice Cakes	<b>Break</b>
<b>Week 3</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Breakfast</b>	Bagels w/ Cream Cheese & Milk	Hash Browns & Milk	Blueberry Muffin & Milk	Waffles & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Hot Cocoa & Grahams	Smoothie	Raisins & Yogurt	Tortilla & Cheese	Homemade Bread & Butter
<b>Lunch</b>					
<b>PM Snack</b>	Jello w/ Fruit	Cheese Itz Crackers	Granola Bar	Goldfish	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>NO SCHOOL</b>
<b>AM Snack</b>	Applesauce	Watermelon	Caramel Apple & Milk	Cantaloupe	<b>IN</b>
<b>Lunch</b>					<b>SERVICE</b>
<b>PM Snack</b>	Zucchini Brownie	Energy Balls	Popcorn	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 Apple Chips	Frozen Yogurt Bark	Fruit Salsa w/ Cinnamon Chips	Pretzels & Hummus	Soy based Nuttela & Rice Cakes
<b>Lunch</b>					
<b>PM Snack</b>	Pretzel & String Cheese	Sweet Potato Chips	Rice Krispy Treat	Cheese Itz Crackers	Veggies & Hummus