



## COVENANT SCHOOLS DEL NORTE November 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	Cereal, Fruit and Milk	Biscuit w/Jelly and Milk	Blueberry Muffin and Milk	Waffles and Milk	Cream of Wheat, Fruit and Milk
<b>AM Snack</b>	Apples and Wow Butter	Yogurt and Fruit	String Cheese and Pretzels	Applesauce and Grahams	Tortilla and Cheese
<b>Lunch</b>	Chili, Fruit, Crackers and Milk	Turkey and Cheese <b>Sandwich</b> , Fries and Milk	Spaghetti, Salad and Milk	Chicken Sandwich, Chips, Fruit and Milk	<b>Nachos</b> , Salad and Milk
<b>PM Snack</b>	Brownie and Milk	Goldfish and Juice	Carrots and Ranch	Rice Krispy Treats	Trail Mix and Juice
<b>Week 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	Hash Browns, Juice and Milk	Pancakes and Milk	Cereal, Fruit and Milk	Bagels w/ Cream Cheese and Milk	Oatmeal w/ Fruit and Milk
<b>AM Snack</b>	Apples and Cheese	Yogurt and Grahams	Smoothies	Baked Apples	Fruit and Pretzels
<b>Lunch</b>	Alfredo Pasta, Fruit and Milk	Stew, Cornbread, Fruit and Milk	Ham & Potato Casserole Fruit and Milk	Pepperoni and Cheese <b>Pizza</b> , Fruit and Milk	Grilled Cheese, Tomato Soup, Fruit and Milk
<b>PM Snack</b>	Rice Cakes	Granola Bars	Chips and salsa	Wow Butter and Tortilla	Animal Crackers and Juice
<b>Week 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Cream of Wheat, Fruit and Milk	Cereal, Fruit and Milk	French Toast Sticks and Milk	Sausage, Biscuit and Milk	Cinnamon Roll, Bananas and Milk
<b>AM Snack</b>	Fruit and Cracker	Rice Cakes	Banana Muffin	Fruit and Cracker	Wow Butter and Pretzels
<b>Lunch</b>	Mac & Cheese, Green Beans and Milk	Broccoli Cheese Soup, <b>Breadsticks</b> and Milk	Chicken Nuggets, Peas and Milk	Turkey, Mashed Potatoes, Gravy, Fruit and Milk	Tater Tot Casserole Fruit and Milk
<b>PM Snack</b>	Cucumbers and Ranch	Brownie and Milk	Peaches and Grahams	Trail Mix	Hummus and Carrot Sticks
<b>Week 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Cereal, Fruit and Milk	Egg Burrito, Juice and Milk	Pancakes, Fruit and Milk	<b>Closed</b>	<b>Closed</b>
<b>AM Snack</b>	Bananas and Wow butter	Cheese and Tortilla	Yogurt and Fruit	<b>For</b>	<b>For</b>
<b>Lunch</b>	Bean and Cheese Burrito, Fruit and Milk	Chicken Noodle Soup, Fruit, Crackers and Milk	Hamburger, Chips, Fruit and Milk	<b>Thanksgiving</b>	<b>Thanksgiving</b>
<b>PM Snack</b>	Applesauce and Goldfish	Granola Bar	String Cheese and Apple	<b>Holiday</b>	<b>Holiday</b>
<b>Week 5</b>	<b>30</b>				
<b>Breakfast</b>	Cereal, Fruit and Milk			<b>Highlighted Items</b>	
<b>AM Snack</b>	Fruit and Crackers			<b>are in</b>	
<b>Lunch</b>	Cheesy Potato Soup, Biscuit, Fruit and Milk			<b>Celebration of</b>	
<b>PM Snack</b>	Muffin and Juice			<b>National Days</b>	