



COVENANT SCHOOLS DEL NORTE

November 2020 Menu

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