



COVENANT SCHOOLS DEL NORTE July 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast				Yogurt,fruit,milk	Ham egg casserole,milk
AM Snack				Cinnamon Apples	Goldfish, juice
Lunch				Cheesy Broccoli soup, crackers, milk	Turkey Wraps, Green Beans, Milk
PM Snack				Hummus, veggies	Rice Crispy Treats
Week 2	5	6	7	8	9
Breakfast	/	Breakfast Burrito, Milk	Biscuits, gravy, milk	Cereal, fruit, milk	Waffles, milk
AM Snack	Closed	Applesauce, grahams	Teddy Grahams	Cheerios, fruit	String cheese
Lunch	/	Grilled Cheese, tomato soup, milk	Fajitas, fruit, milk	Beef stew, cornbread, apples, milk	Mini Pizza, corn, milk
PM Snack	/	Rice Cakes	Veggie Sticks	Side kick freeze pops	Sugar Cookies
Week 3	12	13	14	15	16
Breakfast	Cereal, fruit, milk	Wowbutter sandwiches, milk	Applesauce, tortilla, milk	Pancakes, milk	Cereal, fruit, milk
AM Snack	Cornbread, milk	Oranges, crackers	Yogurt, animal crackers	Veggies, ranch	Tater Tots,
Lunch	Meatballs w/gravy, fruit, milk	Veggie burgers, French fries, milk	BLT, chips, pickles, milk	Ravioli, fruit, garlic bread, milk	Grilled Chicken, cheesy potatoes, milk
PM Snack	watermelon	Peaches, vanilla wafers	Blueberry Muffins	Tortilla rollup	Cheese Its
Week 4	19	20	21	22	23
Breakfast	Pancakes, Milk	Cereal, fruit, milk	Yogurt, fruit, milk	Tortilla, eggs, milk	Cereal, fruit, milk
AM Snack	Oranges, crackers	Muffins, milk	Goldfish	Apples, cheese	Bagel, cream cheese
Lunch	Bean Burrito, Spanish rice, fruit, milk	Taco salad, cornbread, fruit, milk	Spaghetti, salad, fruit, milk	Enchiladas, beans, milk	Potato soup, crackers, fruit, milk
PM Snack	Granola bars	Pretzels, pears	Applesauce, graham crackers	Bananas, cheerios	Cheese Its
Week 5	26	27	28	29	30
Breakfast	Breakfast burrito, milk	Tortilla, sausage, Milk	Cereal, fruit, milk	Bagels, cream cheese, milk	Biscuits, jelly, milk
AM Snack	Trail Mix	Dried Apples	Cantaloupe	Quesadilla	Peaches w/cream
Lunch	Tortellini, peas, fruit, milk	Chicken, zucchini, fruit, milk	Mac & Cheese, peas, fruit, milk	Tater tot casserole, fruit, milk	Beef/A/Roni , green beans, fruit, milk
PM Snack	Veggies, ranch	Cinnamon biscuits	Veggie, straws	Mandarin oranges, pretzels	String Cheese