



COVENANT SCHOOLS DEL NORTE

September Menu 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
Breakfast			Pancakes and Milk	French Toast Sticks and Milk	Oatmeal, Blueberries, and Milk
AM Snack			Yogurt & Grahams	Cheerios & Fruit	Goldfish & Juice
Lunch			Chicken Stir fry w/ Rice, Oranges, and Milk	Spaghetti, Garlic Bread, Green Beans, and Milk	Tater Tot Casserole w/ Turkey, Mixed Veggies, Fruit, and Milk
PM Snack			Hummus & Crackers	Bagel w/ Jelly	Rice Krispy Treats
Week 2	6	7	8	9	10
Breakfast	Closed	Cereal, Fruit, and Milk	Bagel w/ Cream Cheese, and Milk	Muffins & Milk	Cereal, Fruit, and Milk
AM Snack	for	Chex Mix	Cheeze It's	Tortilla Roll Ups	Pudding & Animal Crackers
Lunch	Labor	Chef Salad, Crackers, Apples, and Milk	Green Chile Stew, Tortilla, Oranges, and Milk	Pasta Salad, Watermelon, Garlic Bread, and Milk	Chicken Nuggets, Salad, Apples, and Milk
PM Snack	Day!	Carrots & Ranch	Cereal Bars	Goldfish	Celery & Wow Butter
Week 3	13	14	15	16	17
Breakfast	Hashbrowns & Milk	Yogurt, Fruit, and Milk	Cereal, Oranges, and Milk	Waffles, Fruit, and Milk	English Muffins w/ Jelly, and Milk
AM Snack	Fig Newtons	Veggie Straws	Cheese Toast	Rice Cakes	Teddy Grahams
Lunch	Salsbury Steak, Mashed Potatoes w/ Gravy, and Milk	Chicken & Rice, Crackers, Cantaloupe, and Milk	Enchiladas, Spanish Rice, Beans, and Milk	Broccoli Cheese Soup, Saltines, Mixed Fruit, and Milk	Quesadillas, Corn, Fruit, and Milk
PM Snack	Crackers & Cream Cheese	Tortilla & Cheese	Watermelon	Cinnamon Apples	Fruit Salad
Week 4	20	21	22	23	24
Breakfast	Breakfast Burritos and Milk	French Toast and Milk	Cream of Wheat, Fruit, and Milk	Pancakes, Syrup, and Milk	Bagel w/ Cream Cheese & Milk
AM Snack	String Cheese	Strawberries & Vanilla Wafers	Ritz Cheese Crackers	Mango & Grahams	Cheerios & Apples
Lunch	Fried Rice	Cheese Pizza, Salad, Fruit, and Milk	Hamburgers, Chips, Bananas, and Milk	Beef-a-Roni, Peas, and Milk	Fettuccini Alfredo, Salad, Garlic Bread, and Milk
PM Snack	Trailmix	Fruit Leather & Juice	Elf Grahams	Watermelon & Rice Cakes	Chex Mix
Week 5	27	28	29	30	
Breakfast	Sausage, Tortilla, and Milk	Breakfast Casserole & Milk	Toast, Jelly and Milk	Cereal, Fruit, and Milk	
AM Snack	Yogurt & Animal Crackers	Cheese & Tortilla	Veggies & Ranch	Cheeze Its	
Lunch	Chicken Noodle Soup, Crackers, and Milk	BBQ Chicken, Green Beans, Fruit, and Milk	Frito Pie, Fruit, and Milk	Pancakes, Syrup, Sausage, and Milk	
PM Snack	Goldfish & Juice	Veggie Straws	Mango & Pretzels	Fruit Salad	