



## COVENANT SCHOOLS DEL NORTE October 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					<b>1</b>
<b>Breakfast</b>	Highlighted items				Waffles, Fruit & Milk
<b>AM Snack</b>	are in				Yogurt W/ Granola
<b>Lunch</b>	Celebration of				Chicken Nuggets, Green Beans, Fruit & Milk
<b>PM Snack</b>	National Days				Tortillas & Cheese
<b>Week 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b>	French Toast Sticks & Milk	Bagel W/Cream Cheese & Milk	Muffins & Milk	Cinnamon Toast & Milk	<b>Closed</b>
<b>AM Snack</b>	Applesauce & Grahams	String Cheese	Bananas	Cheez-Its	<b>for</b>
<b>Lunch</b>	Beef Tacos, Beans Spanish Rice & Milk	Turkey Sandwich, Chips, Apple Slices & Milk	Quesadillas, Corn, Fruit & Milk	Chef Salad, Oranges, Crackers & Milk	<b>Fall</b>
<b>PM Snack</b>	Pudding & Grahams	Fruit Salad	Chex Mix	Carrots & Ranch	<b>Break</b>
<b>Week 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b>	Breakfast Burritos & Milk	Waffles & Milk	Hashbrowns & Milk	Cereal & Milk	English Muffins W/ Jelly & Milk
<b>AM Snack</b>	Trail Mix	Graham Crackers & WOW Butter	Cinnamon Apples	Goldfish & Juice	Fig Newtons
<b>Lunch</b>	Sausage Pizza, Applesauce & Milk	Fettuccini Alfredo, Salad, Garlic Bread & Milk	Chicken Noodle Soup, Mixed Fruit, Saltines & Milk	Hamburger, Corn, Cantaloupe & Milk	BBQ Chicken, Green Beans, Fruit & Milk
<b>PM Snack</b>	Veggie Straws	Hummus and Crackers	Tortilla W/Cheese	Vanilla Pudding	Melon
<b>Week 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b>	Yogurt W/Fruit & Milk	English Muffins W/Jelly & Milk	Pancakes W/Syrup & Milk	Oatmeal W/ Fruit & Milk	<b>Closed</b>
<b>AM Snack</b>	Cherrio's & Apples	Tortilla Roll-ups	String Cheese	Goldfish W/Milk	<b>for</b>
<b>Lunch</b>	Baked Ziti, Cucumbers, Fruit & Milk	Grilled Cheese & Tomato Soup, Fruit and Milk	Beefaroni, Green Beans, Fruit & Milk	Quesadillas, Corn, Fruit & Milk	<b>Teacher</b>
<b>PM Snack</b>	Carrots & Ranch	Homemade Cereal bars	Cinnamon Apples	Celery W/Wow Butter	<b>In-service</b>
<b>Week 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b>	French Toast & Milk	Cereal with Milk	Cinnamon Toast, Applesauce & Milk	Cream of Wheat, Fruit & Milk	Sausage Patty W/Tortilla & Milk
<b>AM Snack</b>	Fig Bars	Yogurt & Animal Crackers	Pretzels W/Wow Butter	Graham Crackers W/Chocolate Milk	Apple Slices & String Cheese
<b>Lunch</b>	Mac and Cheese, Mixed Veggies, Applesauce & Milk	Sweedish Meatballs W/Gravy over Rice, Fruit & Milk	Green Chile Stew, Tortilla, Fruit & Milk	Broccoli and Cheese Soup, Saltines, Fruit & Milk	Spaghetti and Breadsticks, Salad & Milk
<b>PM Snack</b>	Sliced Watermelon	Tortilla's and Cheese	Trail Mix	Celery W/Ranch	Yogurt & Berries