



COVENANT SCHOOLS DEL NORTE November 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
Breakfast	Hash Browns and Milk	Cinnamon Toast and Milk	Cereal and Milk	Yogurt with Berries and Milk	Waffles, Fruit and Milk
AM Snack	String Cheese	Bananas	Applesauce and Grahams	Cinnamon Apples	Fig Bars
Lunch	Chile with Cornbread, Fruit and Milk	Alfredo Pasta, Garlic Bread with Green Beans and Milk	Turkey Sandwich, Chips, Applesauce and Milk	Mini Corndogs, Peas, Fruit and Milk	Beefaroni, Broccoli Fruit and Milk
PM Snack	Carrot Sticks and Ranch	Fruit Salad	Trail Mix	Tortillas and Cheese	Vanilla Pudding and Grahams
Week 2	8	9	10	11	12
Breakfast	Pancakes and milk	Bagels and Cream Cheese with Milk	Biscuits/Butter and Milk	Oatmeal with Berries and Milk	Sausage and Tortillas with Milk
AM Snack	Cheerios and Apples	Orange Slices	Fruit Salad	Apple Slices	Trail mix and juice
Lunch	Mac and Cheese, Peas, Fruit and Milk	Taco Salad, Ranch Beans, Corn and Milk	Grilled Cheese and Tomato Soup, Broccoli and Milk	Quesadillas, Green Beans, Fruit and Milk	Chicken Noodle Soup, Crackers, Fruit and Milk
PM Snack	Hummus and Crackers	Granola Bars	Chips and salsa	Rice Cakes and WOW Butter	Celery and Ranch
Week 3	15	16	17	18	19
Breakfast	Cereal and Milk	English Muffins with Jelly and Milk	French Toast sticks and milk	Biscuit Sausage and milk	Yogurt with Bananas and milk
AM Snack	Bananas and WOW Butter	String Cheese	Fruit Salad	Cornbread and Milk	Sliced Watermelon
Lunch	Hamburger with Chips, Fruit and Milk	Tuna Casserole, Crackers Fruit and Milk	Chicken Nuggets, Mixed Veggies, Fruit and Milk	Meatloaf w/ Mashed Potatoes & Gravy, Fruit and milk	Baked Ziti, Bread Sticks, Salad and Milk
PM Snack	Cinnamon Apples	Trail Mix	WOW Butter Ants on a Log	Vanilla Pudding and Animal Crackers	Tortillas and Cheese
Week 4	22	23	24	25	26
Breakfast	Bagels and Cream Cheese	Cinnamon Toast and Milk	Pancakes and Milk	CLOSED	CLOSED
AM Snack	Apple Slices	Fig Bars	Trail Mix	FOR	FOR
Lunch	Cheese Pizza with Green Beans, Fruit and Milk	Chef's Salad, Orange Slices and Milk	BBQ Sliced Chicken Breast, Fruit, Corn and Milk	THANKSGIVING	THANKSGIVING
PM Snack	Fruit Salad	Carrot Sticks and Ranch	Cheese and Pretzels	BREAK!!	BREAK!!
Week 5	29	30			
Breakfast	French Toast Sticks with Syrup	Hash Browns and Milk		Highlighted Items	
AM Snack	Cheerios and Apple Slices	Tortilla Roll Ups		Are in Celebration	
Lunch	Breaded Chicken Sandwiches, 1 Fruit and Milk	Tuna Salad Sandwich, Tater-Tots and Milk		Of National	
PM Snack	String Cheese	Chips and Salsa		Days	