



Covenant Schools del Norte January 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	CLOSED	English Muffins, Jelly, & Milk	Yogurt w/ Granola, & Milk	Oatmeal w/ Raisins, & Milk	Cereal & Milk
AM Snack	FOR	Bananas & Graham Crackers	Wow Butter & Townhouse Crackers	Applesauce & Graham Crackers	String Cheese & Pretzels
Lunch	NEW YEARS	Spaghetti, Salad, Fruit, & Milk	Fish Sticks, Green Beans, Fruit, & Milk	Ravioli, Salad, Fruit, & Milk	Corn Dogs, Baked Beans, Oranges, & Milk
PM Snack		Goldfish & Apples	Cucumbers & Ranch	Chex Mix	Fruit & Saltines
Week 2	10	11	12	13	14
Breakfast	Hashbrowns & Milk	Pancakes & Milk	Cereal & Milk	Cream of Wheat & Milk	French Toast Sticks & Milk
AM Snack	Animal Crackers & Milk	Pretzels & Bananas	Wow Butter & Tortillas	Yogurt & Vanilla Wafers	Cheese & Crackers
Lunch	Chili, Cornbread, Fruit, & Milk	Quesadilla w/ Salsa, Fruit, & Milk	Sloppy Joes, Tater Tots, Bananas, & Milk	Chicken Patties, Mashed Potatoes w/ Gravy, Fruit, & Milk	Chef Salad, Oranges, Breadsticks, & Milk
PM Snack	Hummus & Carrots	Trailmix	Applesauce & Animal Crackers	Chips & Salsa	Hummus & Celery
Week 3	17	18	19	20	21
Breakfast	CLOSED	Breakfast Burritos & Milk	Toast w/ Jelly, and Milk	Cheese Toast & Milk	Waffles & Milk
AM Snack	FOR	Goldfish	String Cheese & Pretzels	Apples & Wow Butter	Granola Bar
Lunch	MLK DAY	BBQ Chicken Sandwich, Chips, Fruit, & Milk	Meatballs w/ Gravy, Mashed Potatoes, Fruit, & Milk	Grilled Cheese, Tomato Soup, Fruit, & Milk	Chicken Pasta Salad, Townhouse Crackers, Fruit, & Milk
PM Snack		Animal Crackers & Milk	Goldfish & Apples	Fruit Salad	Cheese Itz
Week 4	24	25	26	27	28
Breakfast	Cinnamon Toast & Milk	Waffles & Milk	Biscuits w/ Gravy & Milk	Cream of Wheat	Blueberry Pancakes & Milk
AM Snack	String Cheese & Pretzels	Pretzels & Wow Butter	Apples & Grahams	Celery & Cream Cheese	Fruit & Crackers
Lunch	Chicken Noodle Soup, Crackers, Fruit, & Milk	Taco Salad, Tortillas, Fruit, & Milk	Fried Rice, Egg Rolls, Fruit, & Milk	Tuna Sandwich, Tater Tots, Fruit, & Milk	Cheese Pizza, Carrot Sticks, Fruit, & Milk
PM Snack	Teddy Grams	Rice Cakes	Trailmix	Fig Newtons	Veggie Straws
Week 5	31				
Breakfast	English Muffins & Milk	Highlighted items			
AM Snack	Cheerios & Peaches	Are In			
Lunch	Pancakes, Sausage, Strawberries, & Milk	Celebration Of			
PM Snack	Applesauce & Grahams	National Days			