



# COVENANT SCHOOLS DEL NORTE

## July 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					<b>1</b>
<b>Breakfast</b>	Highlighted Items				Pancakes & Milk
<b>AM Snack</b>	Are In				Trail Mix
<b>Lunch</b>	Celebration Of				Cheesy Potato Soup, Crackers, Apples & Milk
<b>PM Snack</b>	National Days				Animal Crackers & Fruit
<b>Week 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b>	Closed	Bagels, Cream Cheese & Milk	Biscuits, Jelly & Milk	Oatmeal, Blueberries & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	In Observation	Tortilla & Cheese	Pretzels & Juice	Cinnamon Apples	Carrots & Ranch
<b>Lunch</b>	Of	Chicken Patties, Calabacitas, Oranges & Milk	Sausage, Beans & Rice Casserole, Fruit & Milk	Spinach Alfredo, Garlic Bread, Pineapple, & Milk	BBQ Chicken Sandwiches, Chips, Pickles, Fruit & Milk
<b>PM Snack</b>	Independence Day	Peaches & Cream	Cantaloupe & Crackers	Chex Mix	Tortilla Roll-Ups
<b>Week 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b>	English Muffin, Jelly & Milk	Cereal, Fruit & Milk	Breakfast Casserole & Milk	French Toast Sticks & Milk	Muffins & Milk
<b>AM Snack</b>	Cheddar Cheese Squares & Cucumbers	Ambrosia Salad	Cheeze- It's	Yogurt and Cheerios	Celery and Sunflower Butter
<b>Lunch</b>	Fish Fillet, Mixed Veggies, Fruit & Milk	Corn Dogs, Peas, Fruit & Milk	Spaghetti, Garlic Bread, Greens Beans & Milk	Turkey Roll-ups, Tater Tots, Fruit & Milk	Bean & Meat Nachos, Watermelon & Milk
<b>PM Snack</b>	Oranges & Townhouse Crackers	Dried Fruit Mix	Granola Bars	Rice Krispie Treats	Goldfish Crackers
<b>Week 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b>	Cereal & Milk	Oatmeal, Strawberries & Milk	Yogurt, Banana & Milk	Breakfast Burrito & Milk	Bagels, Cream Cheese & Milk
<b>AM Snack</b>	Blueberry Muffins & Milk	Fig Newtons	String Cheese	Oranges & Crackers	Cucumbers & Ranch
<b>Lunch</b>	Tuna Sandwiches, Pears, French Fries, & Milk	Beef-A-Roni, Corn, Fruit & Milk	Taco Salad, Apples, Tortilla & Milk	Mac and Cheese, Peas & Milk	Quesadillas, Spanish Rice & Milk
<b>PM Snack</b>	Pretzels & Cheese	Fruit Salad	Cheeze-Its	Pudding & Graham Crackers	Chex Mix
<b>Week 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b>	Muffins & Milk	Waffles & Milk	Sausage, Tortilla & Milk	Cereal, Fruit and Milk	Fruit Salad & Milk
<b>AM Snack</b>	Apples & Sunflower Butter	Pineapple & Saltines	Banana & Cheerios	Bagel with Cream Cheese & Milk	Hummus & Crackers
<b>Lunch</b>	Chicken Noodle Soup, Crackers, Oranges & Milk	Meatballs, Mashed Potatoes, Fruit & Milk	Bean Burritos, Rice, Fruit & Milk	Pasta Salad, Crackers, Bananas & Milk	Chicken Nuggets, Green Beans, Fruit & Milk
<b>PM Snack</b>	Tortilla & Cheese	Goldfish Crackers	Honey Grahams	Animal Crackers & Fruit	Granola Bars

