



# COVENANT SCHOOLS DEL NORTE

## September Menu 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				<b>1</b>	<b>2</b>
Breakfast	Highlighted			Oatmeal & Milk	Yogurt, Fruit & Milk
AM Snack	Items Represent			Peaches & Crackers	Pretzels & Juice
Lunch	National Days			Corn Dogs, Cucumbers, Fruit & Milk	Chef Salad, Breadsticks, Fruit & Milk
PM Snack				Nutri-Grain Bars	Chex mix
<b>Week 2</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Breakfast	<b>Closed</b>	Cereal, Fruit, and Milk	Cinnamon Tortilla Rollups & Milk	French Toast & Milk	Burritos & Milk
AM Snack	<b>for</b>	Fruit Cocktail	Yogurt & Blueberries	Oranges & Grahams	Apples & Cheerios
Lunch	<b>Labor</b>	Chicken Nuggets, Green Beans, Fruit & Milk	Pasta Salad, Crackers, Fruit & Milk	Sloppy Joes, Tater Tots, Fruit & Milk	Quesadillas, Spanish Rice, Fruit & Milk
PM Snack	<b>Day!</b>	Granola Bars	Applesauce & Crackers	Pretzels & Pears	Pudding & Vanilla Wafers
<b>Week 3</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Breakfast	Waffles, Syrup & Milk	Hashbrowns & Milk	Oatmeal & Milk	Cheese Toast & Milk	Cereal & Milk
AM Snack	Animal Crackers & Milk	Bananas & Vanilla Wafers	Dried Apples	Teddy Grahams	Tortillas & Cheese
Lunch	Chicken Salad, Oranges, Crackers & Milk	Green Chile Stew, Tortilla, Fruit & Milk	Cucumber Turkey Wrap, Chips, Fruit & Milk	Tomato Tortellini Soup, Saltines, Fruit & Milk	Tuna Sandwiches, Tater Tots, Fruit & Milk
PM Snack	Sweet Potato Fries & Ketchup	Cheez Its	Hummus & Pita Chips	Trail mix	Cucumbers & String Cheese
<b>Week 4</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Breakfast	Toast w/ Jelly & Milk	Waffles, Syrup, Milk	Bagels w/ Cream Cheese	Cereal, Fruit & Milk	Yogurt & Milk
AM Snack	Fruit & Crackers	Bananas & Grahams	Pineapple & Crackers	Applesauce & Cheez Its	Elf Grahams
Lunch	Chicken Patties, Mashed Potatoes, Fruit & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk	Taco Salad, Tortillas, Oranges & Milk	Turkey Sandwiches, Chips, Fruit & Milk	Chili, Cornbread, Fruit & Milk
PM Snack	Oranges & Saltines	Apples & Pretzels	Lemonade & Animals Crackers	Breadsticks & Marinara	Goldfish & Applesauce
<b>Week 5</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Breakfast	Pancakes, Syrup & Milk	Cream of wheat & Milk	English Muffins & Milk	Breakfast Bar & Milk	Cereal, Fruit & Milk
AM Snack	Pretzels & Yogurt	Fruit Salad	Yogurt & Crackers	Animal Crackers & Milk	Bananas & Yogurt
Lunch	Red Beans & Rice, Fruit & Milk	Chicken Fried Rice, Egg Rolls, Fruit & Milk	Broccoli Cheddar Casserole w/ Pasta, Fruit & Milk	Baked Ziti, Salad, Fruit & Milk	Chicken Noodle Soup, Crackers, Oranges & Milk
PM Snack	Wheat Thins & Fruit	Apples & Crackers	Trail mix & Juice	Celery & Cream Cheese	Fruit Salad