



COVENANT SCHOOLS DEL NORTE

October 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3	4	5	6	7
Breakfast	Hashbrowns & Milk	Cereal, Fruit & Milk	Yogurt w/ Granola & Milk	French Toast & Milk	Closed
AM Snack	Bananas & Pretzels	Grahams & Applesauce	Fruit Cocktail	Oranges & Crackers	For
Lunch	Vegetable Soup, Crackers, Fruit & Milk	Fish Sticks, Green Beans, Fruit & Milk	Mac & Cheese, Fruit & Milk	Corn Dogs, Cucumbers, Fruit & Milk	FALL
PM Snack	Trailmix	Granola Bars	Celery & Ranch	Animal Crackers & Juice	BREAK
Week 2	10	11	12	13	14
Breakfast	Burritos & Milk	Cream of wheat & Milk	Cereal & Milk	Waffles & Milk	Toast & Milk
AM Snack	Goldfish & Juice	Dried Apples	Cheez Its	Oranges & Pretzels	Teddy Grahams
Lunch	Southwest Chicken Salad, Tortillas, Fruit & Milk	Spanish Rice w/ Beef, Fruit & Milk	Chicken Enchiladas, Salad, Fruit & Milk	Ranch Beans, Cornbread, Fruit & Milk	Baked Potato Soup, Breadsticks, Fruit & Milk
PM Snack	Hummus & Carrot Sticks	Cucumbers & Saltines	Cookies & Milk	Snap Peas & Ranch	Chexmix
Week 3	17	18	19	20	21
Breakfast	Waffles, Fruit & Milk	Cinnamon Raisin Bread & Milk	Biscuits w/ Jelly & Milk	Cheese Toast & Milk	Closed
AM Snack	Muffins & Milk	Ritz Crackers & Applesauce	Peaches & Crackers	Oranges & Saltines	For
Lunch	Pasta Salad, Crackers, Fruit & Milk	Tuna Sandwiches, Chips, Fruit & Milk	Cheese Pizza, Salad, Fruit & Milk	Chicken Nuggets, Carrots, Fruit & Milk	Teacher
PM Snack	Cheese & Tortilla	Bananas & Vanilla Wafers	Jello & Grahams	Bananas & Vanilla Pudding	Inservice
Week 4	24	25	26	27	28
Breakfast	Cereal, Fruit & Milk	Yogurt, Fruit & Milk	Pancakes & Milk	French Toast & Milk	Cereal, Fruit & Milk
AM Snack	Mandarin Oranges & Crackers	Hummus & Crackers	String Cheese & Pretzels	Teddy Grahams	Yogurt & Apples
Lunch	Frito Pie, Broccoli, Fruit & Milk	Tater Tot Casserole, Salad, Fruit & Milk	Tomato Tortellini Soup, Fruit & Milk	Ham Sandwiches, Chips, Fruit & Milk	Chef Salad, Breadsticks , Fruit & Milk
PM Snack	Rice Cakes	Tortilla w/ Jelly	Celery & Ranch	Ambrosia Salad	Veggie Straws
Week 5	31				
Breakfast	Waffles, Syrup & Milk	Highlighted			
AM Snack	Fig Newtons	Items Represent			
Lunch	Minestrone Soup, Crackers, Fruit & Milk	National Days			
PM Snack	Pineapples & Cheez Its				