



## Covenant Schools Del Norte January 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	<b>Closed</b>	Cereal & Milk	Yogurt w/ Granola & Milk	French Toast & Milk	Breakfast Burritos & Milk
<b>AM Snack</b>	<b>For</b>	Animal Crackers and Milk	Nutri-grain Bars	Goldfish & Juice	Tortillas & Cheese
<b>Lunch</b>	<b>New Years</b>	Tex-Mex chicken salad, Crackers, Fruit & Milk	Spaghetti, Salad, Fruit & Milk	Taco Soup, Fruit & Milk	Pulled Pork, Tater tots, Fruit & Milk
<b>PM Snack</b>		Hummus & Pita Chips	Peaches & Pretzels	Strawberries & Cream	Applesauce & Grahams
<b>Week 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	Waffles & Milk	Hashbrowns & Milk	Cream of wheat & Milk	Pancakes & Milk	Cereal, Fruit & Milk
<b>AM Snack</b>	Strawberries & Grahams	Bananas & Yogurt	Dried Apples	Tortilla w/ Jelly	Mango & Ritz
<b>Lunch</b>	Cheese Pizza, Mixed Veggies, Fruit & Milk	Beans & Franks, Carrots, Fruit & Milk	Ham Sandwiches, Tater tots, Fruit & Milk	Macaroni Salad, Garlic Bread, Fruit & Milk	Lasagna Soup, Breadsticks, Fruit & Milk
<b>PM Snack</b>	Vanilla wafers & Fruit	Cucumbers & Ranch	Trail mix	Teddy Grahams	Chex mix
<b>Week 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	<b>Closed</b>	Toast w/ Jelly, Fruit & Milk	Waffles & Milk	Breakfast Burritos & Milk	Yogurt w/ Granola & Milk
<b>AM Snack</b>	<b>For</b>	Fig Newtons and Milk	Oranges & Townhouse Crackers	Pretzels & Apples	Muffins & Milk
<b>Lunch</b>	<b>MLK</b>	Corn dogs, Broccoli, Fruit & Milk	Sloppy Joe Casserole, Peas, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Potato & Sausage soup, Crackers, Fruit & Milk
<b>PM Snack</b>	<b>Day</b>	Cheez Its	Tortilla & Cheese	Vanilla Wafers & Pudding	Fruit Salad
<b>Week 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Pancakes & Milk	Cereal, Fruit & Milk	French Toast & Milk	Hashbrowns & Milk	Cinnamon raisin toast & Milk
<b>AM Snack</b>	Mandarin Oranges & Crackers	Yogurt & Grahams	Animal Crackers & Peaches	Bunny Grahams	Oranges & Grahams
<b>Lunch</b>	Chef Salad, Crackers, Fruit & Milk	Chicken Enchilada Soup, Tortilla, Fruit & Milk	Corn Chowder, Biscuits, Fruit & Milk	Ravioli, Green Beans, Fruit & Milk	Chicken Nuggets, Corn, Fruit & Milk
<b>PM Snack</b>	Snap Peas & Ranch	Cheese Squares & Apples	Pears and Saltines	Smiley face fries & Ketchup	String Cheese & Crackers
<b>Week 5</b>	<b>30</b>	<b>31</b>			
<b>Breakfast</b>	Croissant w/ Jelly & Milk	Breakfast Casserole & Milk	<b>Highlighted Items</b>		
<b>AM Snack</b>	Pineapple & Goldfish	Tortilla and Cheese	<b>Are In</b>		
<b>Lunch</b>	Sausage Tortellini Soup, Crackers, Fruit & Milk	Spinach Alfredo, Garlic Bread, Oranges, and Milk	<b>Celebration Of</b>		
<b>PM Snack</b>	Oranges & Grahams	Yogurt and Blueberries	<b>National Days</b>		