



COVENANT SCHOOLS DEL NORTE

September Menu 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2	3	4	5	6
Breakfast	Closed	Cereal, bananas & Milk	Cream of wheat & Milk	Bagels. Cream cheese & Milk	French toast & Milk
AM Snack	For	Peaches & grahams	Cinnamon apples	Fruit leathers	Yogurt w/dried fruit
Lunch	Labor	Tater tot casserole, corn, fruit & Milk	Hamburgers, broccoli, Fruit & Milk	Cheese pizza, salad, Oranges & Milk	Green chili stew, tortilla, apples & Milk
PM Snack	Day!	Veggies & Hummus	Tortilla -roll ups	Pineapple & Animal crackers	Cheese cubes & ritz
Week 2	9	10	11	12	13
Breakfast	Oatmeal, bananas & Milk	Cereal & Milk	Biscuits w/ jelly & Milk	Sausage, tortillas & Milk	Yogurt, granola & Milk
AM Snack	Pretzels & sun-butter	Goldfish & apple juice	Teddy grahams	Hummus & carrots	Cheese ritz bites
Lunch	Chef salad, TH crackers, fruit & Milk	Corndogs, green beans, apples & milk	Bean & cheese burritos, pineapple & Milk	Spaghetti, salad, fruit & milk	Salomi sandwiches, sweet potato chips, fruit & Milk
PM Snack	Strawberries & grahams	Veggie straws	Cucumbers & pretzels	Applesauce & saltines	Trail mix & Grape juice
Week 3	16	17	18	19	20
Breakfast	Cinnamon toast & Milk	Sausage, blueberries & Milk	Pancakes & Milk	Hashbrowns, ketchup & Milk	Cereal, strawberries & Milk
AM Snack	Dried apples & yogurt	Wheat thins & oranges	Cream cheese & crackers	Oranges & saltines	Bananas & grahams
Lunch	Pizza pasta salad, breadsticks, fruit & Milk	Honey chicken, rice, broccoli & Milk	Black bean casserole, fruit & Milk	Chicken nuggets, green beans, apples & Milk	Fish sticks, corn, oranges & Milk
PM Snack	Cinnamon rolls	Cheese its & lemonade	Pears & saltines	Animal crackers & Milk	String cheese & pretzels
Week 4	23	24	25	26	27
Breakfast	Bagels, cream cheese & Milk	Yogurt, granola & Milk	Oatmeal & Milk	Pancakes & Milk	Cereal, strawberries & Milk
AM Snack	Strawberry trail mix	Pirates' booty	Mandarin oranges & TH crackers	Sun-butter & apples	Sweet potato fries & ketchup
Lunch	Sun-butter & jelly sandwiches, ruffles, fruit & Milk	Chicken pasta, salad, fruit & Milk	Quesadillas, beans, fruit & Milk	Frito pie, salad, fruit & Milk	Enchilada soup, rolls, fruit & Milk
PM Snack	Applesauce & bunny grahams	Bananas & pretzels	Fig newtons & Milk	Pineapple & cheese its	Oranges & grahams
Week 5	30				
Breakfast	Cream of wheat & Milk				
AM Snack	Tortillas & jelly				
Lunch	Chicken noodle soup, saltines, oranges & Milk				
PM Snack	Chex mix & Juice				