



## COVENANT SCHOOLS DEL NORTE November 2024 Menu



|                  | Monday  | Tuesday  | Wednesday                                      | Thursday                                     | Friday  |
|------------------|---|--|--|--|---|
| <b>Week 1</b>    |   |  |  |  | <b>1</b>  |
| <b>Breakfast</b> |   |  |  |  | Bagels w/cream cheese                             |
| <b>AM Snack</b>  |   |  |  |  | Nutrigrain bars & strawberries                    |
| <b>Lunch</b>     |   |  |  |  | Baked potato soup, garlic bread, oranges & milk   |
| <b>PM Snack</b>  |   |  |  |  | Trail mix & apple juice                           |
| <b>Week 2</b>    | <b>4</b>  | <b>5</b>                                       | <b>6</b>                                       | <b>7</b>                                     | <b>8</b>  |
| <b>Breakfast</b> | Cereal, fruit & milk                              | Toast, sausage links & milk                    | Waffles, strawberries & milk                   | Cinnamon apple oatmeal & milk                | Yogurt, blueberries & milk                        |
| <b>AM Snack</b>  | Pretzels, fruit & Cheese                          | Veggies & hummus                               | Bananas & grahams                              | Tortillas & sunbutter                        | Salami and crackers                               |
| <b>Lunch</b>     | Chicken tortilla soup, fruit & milk               | Chicken sandwiches, Ruffles, fruit & Milk      | Nachos, veggies, fruit & milk                  | Pizza pasta salad, breadsticks, fruit & milk | Frito pie, green beans, fruit & milk              |
| <b>PM Snack</b>  | Cucumbers & ranch                                 | Applesauce & Ritz                              | Fig newtons & Milk                             | Tater tots & ketchup                         | Apples and cheese                                 |
| <b>Week 3</b>    | <b>11</b>   | <b>12</b>                                      | <b>13</b>                                      | <b>14</b>                                    | <b>15</b>   |
| <b>Breakfast</b> | French toast & milk                               | Cream of wheat & milk                          | Cinnamon raisin bread                          | Pancakes, bananas & milk                     | Cereal w/ blueberries & milk                      |
| <b>AM Snack</b>  | Cheese sticks & oranges                           | Pita bread & hummus                            | Apple oatmeal bars                             | Strawberries & dip                           | Applesauce & goldfish                             |
| <b>Lunch</b>     | Sweet potato bean chili, crackers, oranges & milk | Chicken noodle soup, saltines, bananas & milk  | Tortellini alfredo, garlic bread, fruit & milk | Ham, broccoli & rice casserole, fruit & milk | Green chili corn chowder, tortillas, fruit & milk |
| <b>PM Snack</b>  | Raspberries & yogurt                              | Pineapple & pretzels                           | Smores snack mix                               | Oranges & Saltines                           | Banana, sun butter roll ups                       |
| <b>Week 4</b>    | <b>18</b>   | <b>19</b>                                      | <b>20</b>                                      | <b>21</b>                                    | <b>22</b>   |
| <b>Breakfast</b> | Pancake muffins & milk                            | Yogurt, strawberries & milk                    | Croissants with jelly & milk                   | Cereal, fruit & milk                         | Breakfast quesadilla                              |
| <b>AM Snack</b>  | Cheese its & orange juice                         | Club crackers & fruit                          | Bunny grahams & bananas                        | Rice cakes & applesauce                      | Dried apples & yogurt                             |
| <b>Lunch</b>     | Sausage & potato soup, biscuits, fruit & milk     | Chicken fried rice, eggrolls, pineapple & milk | Ham sandwiches, peas, fruit & milk             | Pancakes, bacon, fruit & milk                | Pesto pizza pasta, Corn, Fruit & Milk             |
| <b>PM Snack</b>  | Broccoli & ranch                                  | Sweet potato fries & ketchup                   | Berry fruit salad                              | Carrot sticks & ranch                        | Trail mix   |
| <b>Week 5</b>    | <b>25</b>   | <b>26</b>                                      | <b>27</b>                                      | <b>28</b>                                    | <b>29</b>   |
| <b>Breakfast</b> | Yogurt, granola & milk                            | English muffins w/ sausage patty & milk        | French toast & milk                            | Closed                                       | Closed  |
| <b>AM Snack</b>  | Peaches & pretzels                                | Ritz & cheese squares                          | Wheat thins & yogurt                           | Happy  | For   |
| <b>Lunch</b>     | Quesadillas, green beans, fruit & milk            | Fish sticks, corn, apples & milk               | Spaghettios, green beans & Milk                | Thanksgiving                                 | Thanksgiving                                      |
| <b>PM Snack</b>  | No bake cookies                                   | Apples & pirates booty                         | Bananas & veggie straws                        |  | Break   |

