

Covenant House - December 2016

Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Cereal Graham Crackers Cheeseburger on a Bun Crinkle Cut Fries Carrots w/Ranch Fresh Apple Ice Cold Milk	29 Scrambled Eggs Banana Muffin Ham & Cheese Calzone Baked Beans Mixed Salad Greens w/Diced Tomatoes & Ranch Fresh Kiwi Ice Cold Milk	30 French Toast Turkey Sausage Link Hot Dog on a Bun Tasty Onion Rings Whole Kernel Corn Petite Banana Ice Cold Milk	1 Mini Egg, Cheese & Sausage Slider Chicken Nuggets Fresh Green Beans Broccoli w/Dip Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	2 Turkey Sausage Breakfast Bites Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Ranch Diced Peaches Ice Cold Milk
5 Mini Egg & Cheese Sandwich Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Sliced Radish & Ranch Mandarin Oranges Ice Cold Milk	6 Mini Pancakes Yogurt Cup Philly Cheesesteak Sandwich Green Pepper Strips Carrots w/Ranch Fresh Apple Ice Cold Milk	7 Turkey Bacon, Egg & Cheese Boat Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Fiesta Black Beans Smart Cookies Fresh Banana Ice Cold Milk	8 Waffle Stick Turkey Sausage Link Chicken Patty on a Bun Potato Wedges Rainbow Salad Diced Peaches Ice Cold Milk	9 Breakfast Wrap Double Stuff Cheese Pizza Whole Kernel Corn Fresh Green Beans Orange Wedges Ice Cold Milk
12 Turkey Sausage Breakfast Bites Minh's Orange Chicken Asian Rice w/Edamame Broccoli w/Ranch Dinner Roll Fresh Apple Ice Cold Milk	13 Mini Egg, Cheese & Sausage Slider Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk	14 Cheesy Omelet Brown Sugar Bagel Cuban Sandwich Cole Slaw Potato Stars Fresh Banana Ice Cold Milk	15 Sausage Gravy Breakfast Chicken Drumstick Harvest Medley Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	16 Pancake Wrap Italian Dunkers Marinara Sauce Zesty Seasoned Peas Goldfish Grahams Diced Peaches Ice Cold Milk
19 Apple Cinnamon Toast Chicken Nuggets *Cajun Beans Cole's Breadstick Celery w/Ranch Fresh Apple Ice Cold Milk	20 Mini Egg & Cheese Sandwich Italian Meatball Sub Mixed Salad Greens Grape Tomatoes w/Ranch Sliced Peaches Ice Cold Milk	21 French Toast Sticks Turkey Gravy Mashed Potatoes Dinner Roll Fresh Green Beans Banana Ice Cold Milk	22 Cereal Graham Crackers Cheesy Chicken Quesadilla Whole Kernel Corn Carrots w/Ranch Diced Pears Ice Cold Milk	 Holiday Break Dec 23 - Jan 2 <i>School resumes Jan 3rd</i>

MUNCHERS - Check with your school cook for ordering details

Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), Orange Juice & Ice Cold Milk (skim milk, 1% white or fat free chocolate).

Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

Lunch: Munchers & Sunbutter sandwiches available as entrée choices. Chef Salads available at K-8 & K-12 sites.

Monday - Fruit & Yogurt Muncher (Yogurt, Sunflower Butter, Celery & Carrots, Goldfish Grahams, WG Pretzels and Raisins)

Tuesday - Sunbutter Muncher (Sunwise Sunbutter Sandwich, String Cheese, Cheddar Goldfish Crackers, Potato Salad and Apple)

Wednesday - Hummus & Pita Bread (Hummus, Cottage Cheese, Pita Rounds, Broccoli/Cauliflower Blend and Pineapple)

Thursday - Fiesta Grab and Go (Tortilla Chips, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams and Fruit)

Friday - Grab & Go Breakfast for Lunch (Pillsbury Mini Maple Pancakes, String Cheese, Yogurt, Cucumbers w/Ranch and Fruit)

- Ice Cold Milk (skim milk, 1% white or fat free chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- ***Menu item contains pork.**

For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschools.org/nutrition or use the QR code.



Adults and students who purchase meals, milk or a la carte items may still use My Payments Plus just like last year. Go to www.mypaymentsplus.com and register your self/student into the school meal pre-payment plan. This is a convenient way to securely keep your account paid in full and view your actual purchase history! If you have problems with this transaction please give Steve Slabbekoom a call at 616.819.1662