

Covenant House - January 2017

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

MONDAY

TUESDAY

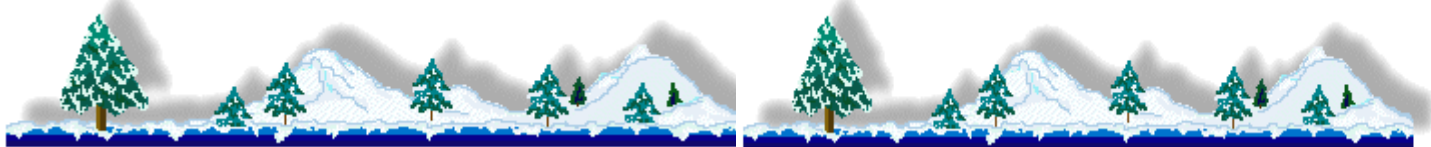
WEDNESDAY

THURSDAY

FRIDAY

WINTER BREAK

School resumes Jan 9th.



<p>9 Mini Egg & Cheese Sandwich</p> <p>Cheeseburger on a Bun Crinkle Cut Fries Snow Balls w/Dip (Cauliflower) Diced Peaches Ice Cold Milk</p>	<p>10 Scrambled Eggs Blueberry Muffin</p> <p>Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Chickpeas & Ranch Mandarin Oranges Ice Cold Milk</p>	<p>11 French Toast Turkey Sausage Link</p> <p>Turkey Deli Sub w/Lettuce Broccoli Cheese Soup Carrot Sticks w/Ranch Petite Banana Ice Cold Milk</p>	<p>12 Mini Egg, Cheese & Sausage Slider</p> <p>Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Hummus Pineapple Tidbits Ice Cold Milk</p>	<p>13 Apple Cinnamon Toast</p> <p>Chicken Drumstick Mashed Potatoes Collard Greens Corn Muffin Lunch Bunch Grapes Ice Cold Milk</p>
<p>16</p>	<p>17 Cereal Graham Crackers</p> <p>Philly Cheesesteak Sandwich Green Pepper Strips Harvest Blend Vegetables Fresh Apple Ice Cold Milk</p>	<p>18 Turkey Bacon, Egg & Cheese Boat</p> <p>Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Red Beans & Rice Fresh Banana Ice Cold Milk</p>	<p>19 Waffle Stick Turkey Sausage Link</p> <p>Chicken Patty on a Bun Potato Smiles Rainbow Salad Orange Wedges Ice Cold Milk</p>	<p>20 Breakfast Wrap</p> <p>Double Stuff Cheese Pizza Whole Kernel Corn Calico Bean Salad Chilled Pears Ice Cold Milk</p>
<p>23 Turkey Sausage Breakfast Bites</p> <p>Homemade Chili Bosco Pretzel Stick Mixed Salad Greens w/Ranch Fresh Apple Ice Cold Milk</p>	<p>24 Apple Cinnamon Toast</p> <p>Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk</p>	<p>25 Cheesy Omelet Brown Sugar Bagel</p> <p>Cuban Sandwich Cole Slaw Waffle Cut Sweet Potato Fries Fresh Banana Ice Cold Milk</p>	<p>26 Turkey Sausage Gravy Breakfast</p> <p>Chicken Nuggets Potato Stars Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk</p>	<p>27 Pancake Wrap</p> <p>Minh's Orange Chicken Egg Roll & Fluffy Rice Broccoli Orange Wedges Fortune Cookie Ice Cold Milk</p>

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 Slabbekorn a call at 616.819.1662