

Covenant House - December 2018

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 26 Cereal Cheese Stick Chicken Nuggets Baked Beans Garlic Toast Baby Carrots Fruit Cocktail Ice Cold Milk | 27 Cini Minis Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk | 28 Mini Egg & Cheese Slider Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Grapes Ice Cold Milk | 29 Breakfast Wrap Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk | 30 French Toast Sticks Turkey Burger Emoji Potatoes Broccoli Bites Orange Slices Ice Cold Milk |
| 3 Mini Maple Waffles Yogurt Turkey Hot Dog Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk | 4 Scrambled Eggs Muffin Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk | 5 Chocolate Filled Crescent Roll Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Fresh Banana Ice Cold Milk | 6 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tostito Scoops Applesauce Cup Ice Cold Milk | 7 Pancake Wrap Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Strawberry Cup Ice Cold Milk |
| 10 Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk | 11 Apple Cinnamon Toast Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Mixed Berries Ice Cold Milk | 12 Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk | 13 Confetti Pancakes Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk | 14 Sausage Gravy Breakfast Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk |
| 17 Turkey Sausage Breakfast Bites Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Fresh Apple Ice Cold Milk | 18 Cini Minis Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Dinner Roll Strawberry Cup Ice Cold Milk | 19 No School Professional Development Day | 20 French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk | 21 Breakfast Wrap Sunbutter Sandwich String Cheese Craisins Carrot Sticks Veggie Juice Ice Cold Milk |



Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



MUNCHERS - Check with your school cook for ordering details



Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or 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 - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Mixed Fruit)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- 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 on the front of this menu.



* Menu Item Contains Pork