



# Covenant House - November 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>29</b> Mini Egg &amp; Cheese Sandwich</p> <p>Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk</p>	<p><b>30</b> Apple Cinnamon Toast</p> <p>Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk</p>	<p><b>31</b> Turkey Bacon Breakfast Boat</p> <p>Chicken &amp; Cheese Quesadilla Fiesta Beans &amp; Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk</p>	<p><b>1</b> Confetti Pancakes</p> <p>Cheesy Omelet Biscuit &amp; Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk</p>	<p><b>2</b> Sausage Gravy Breakfast</p> <p>Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk</p>
<p><b>5</b> Turkey Sausage Breakfast Bites</p> <p>Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Breadstick Pineapple Tidbits Ice Cold Milk</p>	<p><b>6</b> <b>No School</b></p> 	<p><b>7</b> Mini Egg &amp; Cheese Slider</p> <p>Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans &amp; Rice Fresh Banana Ice Cold Milk</p>	<p><b>8</b> French Toast Sticks</p> <p>Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk</p>	<p><b>9</b> Sausage Gravy Breakfast</p> <p>Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Sorbet Ice Cold Milk</p>
<p><b>12</b> Mini Maple Waffles Yogurt</p> <p>Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk</p>	<p><b>13</b> Pancake Wrap</p> <p>Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk</p>	<p><b>14</b> Chocolate Filled Crescent Roll</p> <p>Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk</p>	<p><b>15</b> Beef Sausage Bagel w/ Cheese</p> <p>Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk</p>	<p><b>16</b> Glazed Sweet Bun</p> <p>Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk</p>
<p><b>19</b> Mini Egg &amp; Cheese Sandwich</p> <p>Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk</p>	<p><b>20</b> Apple Cinnamon Toast</p> <p><b>HARVEST SPECTACULAR</b></p> <p>Turkey &amp; Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk</p>	<p style="font-size: 2em; font-weight: bold; transform: rotate(-15deg);">HAPPY THANKSGIVING</p>  <p style="text-align: right;"><b>School resumes</b> <b>Monday, November 26th</b></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), 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 & Pineapple)

**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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



**\* Menu Item Contains Pork**