

Covenant House - April 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Cereal Graham Crackers Chicken Tenders Soft Pretzel Steamed Carrots Diced Peaches Ice Cold Milk	9 Pancake Wrap Hamburger Crinkle Cut Fries Romaine Salad w/ Tomatoes Fresh Apple Ice Cold Milk	10 Chocolate Filled Crescent Roll Beef Burrito Baja Black Beans Green Pepper Strips w/ Ranch Smart Cookies Fresh Banana Ice Cold Milk	11 Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Mixed Berry Cup Ice Cold Milk	12 Glazed Sweet Bun Italian Dunkers Marinara Sauce Seasoned Peas Goldfish Crackers Lunch Bunch Grapes Ice Cold Milk
15 Mini Egg & Cheese Sandwich Mini Corn Dogs Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk	16 Apple Cinnamon Toast Fiestada Pizza Romaine Salad w/ Carrots Goldfish Grahams Mixed Fruit Ice Cold Milk	17 Cheese Omelet Brown Sugar Bagel Minh's Orange Chicken Fluffy Rice Steamed Broccoli Egg Roll Fresh Banana Ice Cold Milk	18 Triple Berry French Toast Cuban Sandwich (Turkey Ham & Swiss Cheese) Sweet Potato Puffs Green Pepper Strips w/ Ranch Diced Pears Ice Cold Milk	19 No School Good Friday
22 Turkey Sausage Bites Chicken Nuggets Baked Beans Garlic Toast Broccoli Cuts Pineapple Tidbits Ice Cold Milk	23 Cini Minis Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Grape Tomatoes Diced Peaches Ice Cold Milk	24 Mini Egg & Cheese Sliders Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk	25 Breakfast Wrap Turkey Burger on a Bun Emoji Potatoes Carrots Sticks Mandarin Oranges Ice Cold Milk	26 French Toast Sticks Soft Beef Tacos Lettuce, Cheese Diced Tomatoes Refried Beans Tostito Scoops Apple Slices Ice Cold Milk
29 Pancake Wrap Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Mixed Berry Cup Ice Cold Milk	30 Scrambled Eggs Muffin Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk	1 Mini Maple Waffles Yogurt Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Carrots Corn Muffin Diced Pears Ice Cold Milk	2 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	3 Chocolate Filled Crescent Roll Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk

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 this menu.



*** Menu Item Contains Pork**