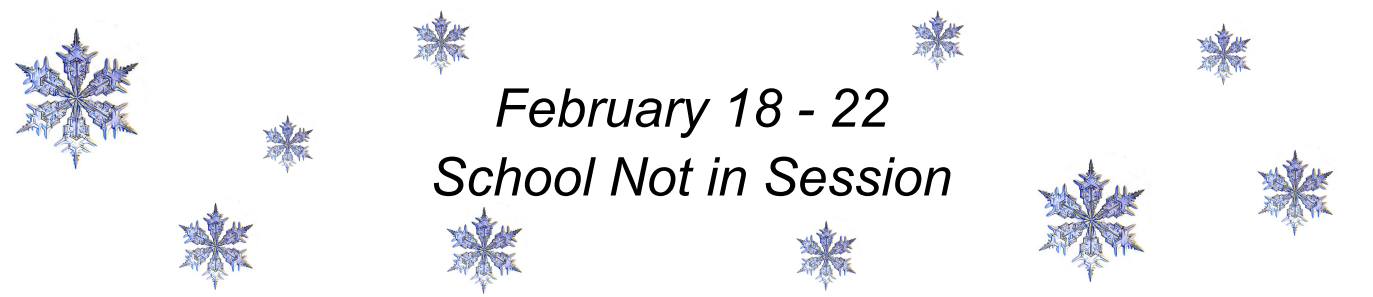


# Covenant House - February 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> Mini Egg & Cheese Sandwich  Chicken Tenders Soft Pretzel Cooked Carrots Cucumber w/ Ranch Fresh Apple Ice Cold Milk	<b>5</b> Apple Cinnamon Toast  Beef Meatballs Mashed Potatoes w/ Gravy Green Beans Dinner Roll & Berry Cup Ice Cold Milk	<b>6</b> Turkey Bacon Breakfast Boat  Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Tomatoes Fresh Banana Ice Cold Milk	<b>7</b> Confetti Pancakes  Cheesy Omelet Biscuit w/ Jelly Potato Rounds Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	<b>8</b> Sausage Gravy Breakfast  Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk
<b>11</b> Turkey Sausage Bites  Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Dinner Roll Mandarin Oranges Ice Cold Milk	<b>12</b> Cini Minis  Chicken Drumstick Corn Muffin Roasted Red Potatoes Green Beans Fresh Apple Ice Cold Milk	<b>13</b> Mini Egg & Cheese Sliders  Beef Pasta Rotini Garlic Toast Celery Sticks w/ Hummus Fresh Grapes Ice Cold Milk	<b>14</b> French Toast Sticks  Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	<b>15</b> Breakfast Wrap  Beef Fiestada Pizza Romaine Salad w/ Chickpeas Goldfish Grahams Fresh Kiwi Ice Cold Milk
 <h2 style="font-size: 2em; margin: 0;">February 18 - 22</h2> <h3 style="font-size: 1.5em; margin: 0;">School Not in Session</h3>				
<b>25</b> Apple Cinnamon Toast  Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	<b>26</b> Cheese Omelet Brown Sugar Bagel  Grilled Cheese Potato Wedges Three Bean Salad Mixed Fruit Ice Cold Milk	<b>27</b> Mini Egg & Cheese Sandwich  Minh's Orange Chicken Vegetable Chow Mein Egg Roll Fruit Sidekick Slush Ice Cold Milk	<b>28</b> Triple Berry French Toast  Cuban Sandwich (Turkey Ham & Swiss) Sweet Potato Puffs Fresh Broccoli w/ Ranch Fresh Banana Ice Cold Milk	<b>1</b> Turkey Bacon Breakfast Boat  Beef Nachos Lettuce, Salsa, Cheese Rancho Beans & Rice Fruit Sorbet 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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



**\* Menu Item Contains Pork**