

Covenant House - January 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Cereal Graham Crackers Grilled Cheese Ranch Potato Wedges Three Bean Salad Diced Peaches Ice Cold Milk	8 Pancake Wrap Chicken Strips Garlic Toast Romaine Salad w/ Garbanzo Beans Sliced Oranges Ice Cold Milk	9 Chocolate Filled Crescent Roll Beef Burrito Baja Black Beans Carrots w/ Ranch Tostitos Scoops Fresh Banana Ice Cold Milk	10 Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Strawberry Cup Ice Cold Milk	11 Triple Berry French Toast Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
14 School Closed	15 Apple Cinnamon Toast Mini Corn Dogs Onion Rings Celery w/ Hummus Apple Slices Ice Cold Milk	16 Cheese Omelet Brown Sugar Bagel Taco Meat Tortilla Scoops Cheese Cup & Salsa Broccoli Goldfish Grahams Fresh Apple Ice Cold Milk	17 Glazed Sweet Bun Fiestada Pizza Hummus Celery Sticks Cheez It Crackers Applesauce Cup Ice Cold Milk	18 Turkey Bacon Breakfast Boat Calzone Cheese Stick Carrot Sticks Veggie Juice Cheddar Goldfish Fruit Cup Ice Cold Milk
21 Turkey Sausage Bites Chicken Nuggets Baked Beans Garlic Toast Carrot Sticks Diced Pears Ice Cold Milk	22 Cini Minis Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	23 Mini Egg & Cheese Slider Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk	24 Breakfast Wrap Turkey Burger Emoji Potatoes Celery Sticks Orange Slices Ice Cold Milk	25 Mini Maple Waffles Yogurt Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostitos Scoops Fruit Cup Ice Cold Milk
28 French Toast Sticks Sloppy Joe Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	29 Scrambled Eggs Muffin Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk	30 Chocolate Filled Crescent Roll Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Diced Peaches Ice Cold Milk	31 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tortilla Chips Fresh Banana Ice Cold Milk	1 School Closed Professional Development Day

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**