

# Covenant House - March 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> Turkey Sausage Bites  Chicken Nuggets Baked Beans Garlic Toast Broccoli Fruit Cocktail Ice Cold Milk	<b>5</b> Cini Mini  Hamburger Emoji Potatoes Carrots Diced Peaches Ice Cold Milk	<b>6</b> Mini Egg & Cheese Slider  Cheesy Omelet Biscuit w/ Jelly Potato Rounds Fresh Green Beans Zee Zee Grahams Fresh Banana Ice Cold Milk	<b>7</b> Breakfast Wrap  Soft Beef Tacos Lettuce, Salsa, Cheese Ranchero Beans & Rice Mixed Berries Ice Cold Milk	<b>8</b> French Toast Sticks  Cheese Stuffed Pizza Whole Kernel Corn Romaine Salad w/ Tomatoes Fresh Apple Ice Cold Milk
<b>11</b> Mini Maple Waffles Yogurt  Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk	<b>12</b> Pancake Wrap  Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	<b>13</b> Scrambled Eggs Muffin  Beef Dippers Macaroni & Cheese Romaine Salad w/ Peas Corn Muffin Strawberry Cup Ice Cold Milk	<b>14</b> Beef Sausage Bagel w/ Cheese  Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	<b>15</b> Chocolate Filled Crescent Roll  Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Mixed Fruit Ice Cold Milk
<b>18</b> Mini Egg & Cheese Sandwich  Chicken Nuggets Soft Pretzel Seasoned Peas Cucumber w/ Ranch Fresh Apple Ice Cold Milk	<b>19</b> Apple Cinnamon Toast  Hot Ham & Cheese Sandwich Sweet Potato Puffs Green Beans Diced Peaches Ice Cold Milk	<b>20</b> Turkey Bacon Breakfast Boat  Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Fresh Banana Ice Cold Milk	<b>21</b> Sausage Gravy Breakfast  Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Mixed Berries Ice Cold Milk	<b>22</b> Confetti Pancakes  Tony's 5" Round Pizza Whole Kernel Corn Carrots w/ Hummus Diced Pears Ice Cold Milk
<b>25</b> Turkey Sausage Bites  Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Diced Pears Ice Cold Milk	<b>26</b> Cini Minis  Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Strawberry Cup Ice Cold Milk	<b>27</b> Mini Egg & Cheese Sliders  Beef Chili Grilled Cheese Cucumber Slices Apple Slices Ice Cold Milk	<b>28</b> French Toast Sticks  Chicken Sandwich Sweet Potato Waffle Fries Seasoned Peas Diced Peaches Ice Cold Milk	<b>29</b>  <b>No School Spring Break</b> <i>Classes resume April 8th</i>

## 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**