

Covenant CDC Breakfast/Lunch/Snack Menu



Monday February 1	Tuesday February 2	Wednesday February 3	Thursday February 4	Friday February 5
Breakfast: English muffin w/jelly; mandarin oranges**	Breakfast: Assorted Cereal, Apples	Breakfast: Waffle , Pears	Breakfast: Blueberries, Cheerios	Breakfast: Pancake , Tropical Fruit
Lunch: Beef w/brown gravy; Brown rice ; Mixed greens; Apples	Lunch: Whole grain cheese pizza ; Green beans; Pineapple tidbits	Lunch: 5 Whole grain chicken nuggets; Italian vegetable blend; Pears; ketchup	Lunch: Hamburger patty; Baked beans, Mandarin oranges* ; ketchup; Whole wheat bun	Lunch: Chicken w/gravy; Whipped potatoes* ; Green peas; Whole grain roll
Snack: Pretzels, oranges	Snack: Wheat Thins, salsa	Snack: Cucumbers, Ranch	Snack: Crackers, Apple Juice	Snack: Blueberries, Cheez-it

Allergies Key

Orange = contains citrus

RED = contains rice

Blue= Contains Milk or Egg