

Breakfast: K5 – 8 and 9-12.	Sausage Scramble Assorted Fruit O.J. Milk – 1%	French Toast Sticks Assorted Fruit O.J. Milk – 1%	Biscuits and Gravy Assorted Fruit O.J. Milk – 1%	Pancake on a Stick Assorted Fruit O.J. Milk – 1%	Cheese Omelet w/Toast Assorted Fruit O.J. Milk – 1%
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Covenant Christian School Lunch Menu			Week 1	Date:	
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<u>K5 – 8th Lunch</u> Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Nuggets Mac-n-Cheese Corn Baked Beans Pineapples Milk – 1%	Hamburger WG Sandwich S.P. Fries Cucumbers Orange Slices Milk – 1%	General Tso’s Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Milk – 1%	Baked Spaghetti Romain/ Spinach Salad Carrots Mandarin Oranges Milk – 1%	White Chicken Chili WG Tortilla Chips Sliced Tomatoes Applesauce Milk – 1%
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<u>9th – 12th Lunch</u> Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Nuggets Mac-n-Cheese Corn Baked Beans Pineapples Apricots Milk – 1%	Hamburger WG Sandwich S.P. Fries Cucumbers Orange Slices Mixed Fruit Milk – 1%	General Tso’s Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Peaches Milk – 1%	Baked Spaghetti Romain/ Spinach Salad Carrots Mandarin Oranges Raisins Milk – 1%	White Chicken Chili WG Tortilla Chips Sliced Tomatoes Applesauce Bananas Milk – 1%
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Covenant Christian School Lunch Menu			Week 2	Date:	
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<u>K5 – 8th Lunch</u> Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Tender Mac-n-Cheese Corn Baked Beans Pineapples Milk – 1%	Salisbury Steak w/Gravy WG Roll (1) Mashed Potatoes Green Beans Peaches Milk – 1%	Orange Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Milk – 1%	WG Pizza Romain/ Spinach Salad Carrots Mandarin Oranges Milk – 1%	WG Chicken Nachos w/lettuce & cheese Refried Beans Salsa Applesauce Milk – 1%
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<u>9th – 12th Lunch</u> Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Tender Mac-n-Cheese Corn Baked Beans Pineapples Apricots Milk – 1%	Salisbury Steak w/Gravy WG Roll (2) Mashed Potatoes Green Beans Peaches Pears Milk – 1%	Orange Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Mixed Fruit Milk – 1%	WG Pizza Romain/ Spinach Salad Carrots Mandarin Oranges Raisins Milk – 1%	WG Chicken Nachos w/lettuce & cheese Refried Beans Salsa Applesauce Bananas Milk – 1%
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Lunch Tray: Protein, Grain, Fruit and/or Vegetable, or Milk. Must have at least one fruit or vegetable with every lunch. A variety of all vegetable type are offered daily Go-Packs (yogurt/string cheese/WG) served, also PBJ sandwich’s. Both Levels serving: 8 oz. Milk, including 1% White, Skim or 1% Chocolate, and Skim or 1% Strawberry. Also serving Canned Fruits in Natural Juices or Light Syrup, Assorted Dried and Fresh Fruits, and an assortment of Fresh, canned, dried Vegetables. USDA is an equal opportunity provider and employer. Breakfast: Cereal and Go-Packs (WG Mini grahams, Peanut Butter, and Juice) are also available.

Breakfast: K5 – 8 and 9-12.	WG Sausage Scramble Assorted Fruit O.J. Milk – 1%	WG French Toast Sticks Assorted Fruit O.J. Milk – 1%	Biscuits and Gravy Assorted Fruit O.J. Milk – 1%	WG Pancake on a Stick Assorted Fruit O.J. Milk – 1%	Cheese Omelet w/WG Toast Assorted Fruit O.J. Milk – 1%
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Covenant Christian School Lunch Menu			Week 3	Date:	
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K5 – 8th Lunch Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	“Warrior Bowl” - Roll Chick Smacks w/Gravy Mashed Potatoes Green Beans Peaches Milk – 1%	Pizza Burger WG Sandwich S.P. Fries Cucumbers Orange Slices Milk – 1%	Teriyaki Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Milk – 1%	WG Taco Boat w/lettuce & cheese Refried Beans Salsa Applesauce Milk – 1%	Chick w/Tom. & Moz. Pasta R./S. Salad Carrots Mandarin Oranges Milk – 1%
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9th – 12th Lunch Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	“Warrior Bowl” - Roll Chick Smacks w/Gravy Mashed Potatoes Green Beans Peaches Pears Milk – 1%	Pizza Burger WG Sandwich S.P. Fries Cucumbers Orange Slices Mixed Fruit Milk – 1%	Teriyaki Chicken WG Yakisoba Noodles Stir Fry Broccoli Apple Slices Apricots Milk – 1%	WG Taco Boat w/lettuce & cheese Refried Beans Salsa Applesauce Bananas Milk – 1%	Chick w/Tom. & Moz. Pasta R./S. Salad Carrots Mandarin Oranges Raisins Milk – 1%
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Covenant Christian School Lunch Menu			Week 4	Date:	
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K5 – 8th Lunch Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Rings Mac-n-Cheese Corn Baked Beans Pineapples Milk – 1%	McRib WG Sandwich S.P. Fries Cucumbers Orange Slices Milk – 1%	Turkey Manhattan WG Bread (2) Mashed Potatoes Green Beans Peaches Milk – 1%	WG Pizza Romain/ Spinach Salad Carrots Mandarin Oranges Milk – 1%	WG Chicken Nachos w/lettuce & cheese Refried Beans Salsa Applesauce Milk – 1%
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9th – 12th Lunch Select 3-5 of the Myplate Components: 1 must be a Fruit or Vegetable. (Additional Fruit or Vegetable Choices served Daily.)	WG Chicken Rings Mac-n-Cheese Corn Baked Beans Pineapples Apricots Milk – 1%	McRib WG Sandwich S.P. Fries Cucumbers Orange Slices Mixed Fruit Milk – 1%	Turkey Manhattan WG Bread (2) Mashed Potatoes Green Beans Peaches Pears Milk – 1%	WG Pizza Romain/ Spinach Salad Carrots Mandarin Oranges Raisins Milk – 1%	WG Chicken Nachos w/lettuce & cheese Refried Beans Salsa Applesauce Bananas Milk – 1%
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Lunch Tray: Protein, Grain, Fruit and/or Vegetable, or Milk. Must have at least one fruit or vegetable with every lunch. A variety of all vegetable type are offered daily. Go-Packs (yogurt/string cheese/WG) served, also PBJ sandwich's. Both Levels serving: 8 oz. Milk, including 1% White, Skim or 1% Chocolate, and Skim or 1% Strawberry. Also serving Canned Fruits in Natural Juices or Light Syrup, Assorted Dried and Fresh Fruits, and an assortment of Fresh, canned, and dried Vegetables. USDA is an equal opportunity provider and employer. Breakfast: Cereal and Go-Packs (WG Mini grahams, Peanut Butter, and Juice) are also available.