

Covington ISD

Lunch - 9th thru 12th Grades

Jan 2, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 Student Holiday	Jan - 2 Student Holiday	Jan - 3 Nachos Whole Grain Spanish Pinto Beans Lettuce(HS) Tomatoes Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW Home Made Sala	Jan - 4 Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Corn Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup	Jan - 5 Hot Dog Baked Beans Carrot Sticks Chips Ice Cream Cup Mandarin Oranges Apples Slices Chocolate Milk Strawberry Milk White Milk Ketchup PC Mustard Mayonnaise Ranch Dressing
Jan - 8 Corn Dog Turkey Broccoli and Cheese Carrot Stick w/Ranch Peaches Orange Chocolate Milk Strawberry Milk White Milk Mustard Ketchup PC	Jan - 9 Chicken Sticks Au Gratin Potatoes Buttered Sweet Carrots Wheat Roll Broccoli/Tomatoes Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk	Jan - 10 Chicken Enchiladas Whole Grain Spanish Pinto Beans Lettuce(HS) Tomatoes Pineapple with Cherry Orange Banana Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW Home Made Sala	Jan - 11 Steak Fingers Mashed Potatoes Cream Gravy Spinach(frozen) Cucumbers/Tomatoes Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce Ranch Dressing	Jan - 12 Cheese Pizza Lettuce(HS) Tomatoes Corn Apple Mandarin Oranges Ice Cream Cup Chocolate Milk Strawberry Milk White Milk Ranch Dressing
Jan - 15 Chicken Burger Lettuce(HS) Tomatoes Corn Pineapple with Cherry Banana Orange Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise	Jan - 16 Spaghetti Salad Mix (HS) Cherry tomatoes salad Garlic Bread Sticks Peaches Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Jan - 17 Crisпитos W/Cheese S Pinto Beans Whole Grain Spanish Lettuce(HS) Tomatoes Carrot Sticks Apple Chocolate Pudding Peaches Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW	Jan - 18 Salisbury Steak/Gravy Mashed Potatoes Green Beans(HS) Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce	Jan - 19 Cheeseburger Lettuce(HS) Tomatoes Baked Beans Chips Apple Mandarin Oranges Ice Cream Cup Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise Jalapenos

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Jan - 22 Ravioli Broccoli and Cheese Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Jan - 23 Steak on Bun Baked Beans Baby Carrots Cucumbers/Tomatoes Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Jan - 24 Hot Dog Baked Beans Carrot Sticks Chips Ice Cream Cup Mandarin Oranges Apples Slices Chocolate Milk Strawberry Milk White Milk Ketchup PC Mustard Mayonnaise Ranch Dressing	Jan - 25 County Fair	Jan - 26 County Fair
Jan - 29 Tuna Sandwich Turkey/Cheese Sandwi Lettuce(HS) Tomatoes Chips Baby Carrots Pears Orange Chocolate Pudding Chocolate Milk Strawberry Milk White Milk Ranch Dressing Mustard Mayonnaise	Jan - 30 Barbecue Rib Chips Broccoli/Tomatoes Corn Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos	Jan - 31 Nachos Whole Grain Spanish Pinto Beans Lettuce(HS) Tomatoes Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW Home Made Sala		

This institution is an equal opportunity provider.

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