

Covington ISD

Lunch - 9th thru 12th Grades

Sep 29, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Corn Dog Turkey Broccoli and Cheese Carrot Stick w/Ranch Peaches Orange Chocolate Milk Strawberry Milk White Milk Mustard Ketchup PC	Oct - 3 Turkey and Gravy Au Gratin Potatoes Buttered Sweet Carrots Wheat Roll Broccoli/Tomatoes Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk	Oct - 4 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	Oct - 5 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	Oct - 6 Student Holiday
Oct - 9 Chicken Burger Lettuce(HS) Tomatoes Corn Pineapple with Cherry Banana Orange Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise	Oct - 10 Alfredo Pasta with Chic Buttered Broccoli(HS) Cherry tomatoes salad Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 11 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	Oct - 12 Salisbury Steak/Gravy Mashed Potatoes Green Beans(HS) Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce	Oct - 13 Cheeseburger Lettuce(HS) Tomatoes Baked Beans Chips Apple Mandarin Oranges Ice Cream Cup Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise Jalapenos
Oct - 16 Ravioli Broccoli and Cheese Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 17 Cheesy Chicken Green Beans(HS) Baby Carrots Cucumbers/Tomatoes Wheat Roll Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 18 Soft Tacos (HS) Pinto Beans Whole Grain Spanish Lettuce(HS) Tomatoes Veggie Dippers Peaches Apple Chocolate Milk Strawberry Milk White Milk Home Made Sala Jalapenos ONIONS,RAW Ranch Dressing	Oct - 19 Chicken Strips Cream Gravy Mashed Potatoes Buttered Sweet Carrots Wheat Roll Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 20 Pepperoni Pizza Corn Carrot Sticks Ice Cream Cup Mandarin Oranges Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing

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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Oct - 23 Tuna Sandwich Turkey/Cheese Sandwi Lettuce(HS) Tomatoes Baby Carrots Chips Pears Orange Chocolate Pudding Chocolate Milk Strawberry Milk White Milk Ranch Dressing Mustard Mayonnaise	Oct - 24 Chicken Parmesan w/ Green Beans(HS) Broccoli/Tomatoes Garlic Bread Sticks Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos	Oct - 25 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	Oct - 26 Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Corn Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup	Oct - 27 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
Oct - 30 Corn Dog Turkey Broccoli and Cheese Carrot Stick w/Ranch Peaches Orange Chocolate Milk Strawberry Milk White Milk Mustard Ketchup PC	Oct - 31 Turkey and Gravy Au Gratin Potatoes Buttered Sweet Carrots Wheat Roll Broccoli/Tomatoes Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk			

This institution is an equal opportunity provider.

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