

Covington ISD

Lunch - 9th thru 12th Grades

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| May - 1 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 | May - 2 Barbecue Rib Chips Broccoli/Tomatoes Corn Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos | May - 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 | May - 4 Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Sliced Tomatoes Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup | May - 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 |
| May - 8 Ravioli Broccoli and Cheese Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing | May - 9 Cheesy Chicken Green Beans(HS) Baby Carrots Cucumbers/Tomatoes Wheat Roll Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing | May - 10 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 | May - 11 Chicken Strips Cream Gravy Mashed Potatoes Buttered Sweet Carrots Wheat Roll Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing | May - 12 Cheese Pizza Corn Carrot Sticks Ice Cream Cup Mandarin Oranges Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing |
| May - 15 Chicken Burger Lettuce(HS) Tomatoes Corn Pineapple with Cherry Banana Orange Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise | May - 16 Alfredo Pasta with Chic Buttered Broccoli(HS) Cherry tomatoes salad Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing | May - 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 | May - 18 Salisbury Steak/Gravy Mashed Potatoes Green Beans(HS) Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce | May - 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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|---|--|---|--|--------|
| May - 22 Chicken Fajita (HS) 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 | May - 23 Turkey and Gravy Au Gratin Potatoes Buttered Sweet Carrots Wheat Roll Broccoli/Tomatoes Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk | May - 24 Corn Dog Turkey Broccoli and Cheese Carrot Stick w/Ranch Peaches Orange Chocolate Milk Strawberry Milk White Milk Mustard Ketchup PC | May - 25 Cheese Pizza Corn Carrot Sticks Ice Cream Cup Mandarin Oranges Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing | |

This institution is an equal opportunity provider.

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