

Covington ISD

Lunch - PK thru 8th Grades

Jan 2, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 Student Holiday	Jan - 2 Student Holiday	Jan - 3 Nachos Spanish Brown Rice Pinto Beans Lettuce K-8 Tomatoes Pineapple with Cherry Orange Banana Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW Home Made Sala	Jan - 4 Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Sliced Tomatoes 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 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 Broccoli/Tomatoes Wheat Roll Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk	Jan - 10 Chicken Enchiladas Whole Grain Spanish Pinto Beans Lettuce K-8 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) Wheat Roll Cucumbers/Tomatoes Peaches Apple Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce	Jan - 12 Pepperoni Pizza Lettuce K-8 Tomatoes Corn Mandarin Oranges Ice Cream Cup Chocolate Milk Strawberry Milk White Milk Ranch Dressing
Jan - 15 Chicken Burger Lettuce K-8 Tomatoes Corn Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Jan - 16 Spaghetti Salad Mix 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 K-8 Tomatoes Carrot Sticks Apple Peaches Chocolate Milk Strawberry Milk White Milk Home Made Sala Jalapenos ONIONS,RAW	Jan - 18 Salisbury Steak/Gravy Mashed Potatoes Cream Gravy Green Beans Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk	Jan - 19 Hamburger Baked Beans Lettuce K-8 Tomatoes Chips Ice Cream Cup Mandarin Oranges Apples Slices Chocolate Milk Strawberry Milk White Milk Ketchup PC Mustard Mayonnaise

**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 Veggie Dippers Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Jan - 23 Steak on Bun Baked Beans Chips Baby Carrots Cucumbers/Tomatoes Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing Mayonnaise Mustard Ketchup	Jan - 24 Hot Dog Baked Beans Carrot Sticks Chips Ice Cream Cup Mandarin Oranges Apples Slices Chocolate Milk Strawberry Milk White Milk Mustard Mayonnaise Ranch Dressing	Jan - 25 County Fair	Jan - 26 County Fair
Jan - 29 Tuna Sandwich Turkey/Cheese Sandwi Lettuce K-8 Tomatoes Chips Baby Carrots Mandarin Oranges 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 Spanish Brown Rice Pinto Beans Lettuce K-8 Tomatoes Pineapple with Cherry Orange Banana Chocolate Milk Strawberry Milk White Milk Jalapenos ONIONS,RAW Home Made Sala		

This institution is an equal opportunity provider.

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