

Covington ISD

Lunch - PK thru 8th Grades

Sep 29, 2017

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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 Broccoli/Tomatoes Wheat Roll Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk	Oct - 4 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	Oct - 5 Steak Fingers Mashed Potatoes Cream Gravy Spinach(frozen) Wheat Roll Cucumbers/Tomatoes Peaches Apple Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce	Oct - 6 Student Holiday
Oct - 9 Chicken Burger Lettuce K-8 Tomatoes Corn Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 10 Alfredo Pasta with Chic Buttered Broccoli Cherry tomatoes salad Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk	Oct - 11 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	Oct - 12 Salisbury Steak/Gravy Mashed Potatoes Cream Gravy Green Beans Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk	Oct - 13 Hamburger Baked Beans Lettuce K-8 Tomatoes Chips Mandarin Oranges Apples Slices Chocolate Milk Strawberry Milk White Milk Ketchup PC Mustard Mayonnaise
Oct - 16 Ravioli Veggie Dippers Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 17 Cheesy Chicken Green Beans Baby Carrots Cucumbers/Tomatoes Wheat Roll Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Oct - 18 Soft Taco Pinto Beans Lettuce K-8 Tomatoes Veggie Dippers Spanish Brown Rice 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 K-8 Tomatoes Chips Baby Carrots Mandarin Oranges Orange Chocolate Pudding Chocolate Milk Strawberry Milk White Milk Ranch Dressing Mustard Mayonnaise	Oct - 24 Chicken Parmesan w/ Green Beans Broccoli/Tomatoes Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos	Oct - 25 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	Oct - 26 Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Sliced Tomatoes 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 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 Broccoli/Tomatoes Wheat Roll Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk			

This institution is an equal opportunity provider.

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