

# Covington ISD

## Lunch - 9th thru 12th Grades

Aug 15, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 28 Cheese Pizza Corn Carrot Sticks Ice Cream Cup Mandarin Oranges Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Aug - 29 Barbecue Rib Chips Broccoli/Tomatoes Corn Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos	Aug - 30 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	Aug - 31 Chicken Strips Cream Gravy Mashed Potatoes Buttered Sweet Carrots Wheat Roll Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Sep - 1 Tuna Sandwich Turkey/Cheese Sandwi Lettuce & Tomatoe Chips Baby Carrots Jello with Pears Orange Chocolate Pudding Chocolate Milk Strawberry Milk White Milk
Sep - 4 Corn Dog Turkey Broccoli and Cheese Carrot Stick w/Ranch Peaches Orange Chocolate Milk Strawberry Milk White Milk Mustard Ketchup PC	Sep - 5 Turkey and Gravy Au Gratin Potatoes Buttered Sweet Carrots Wheat Roll Broccoli/Tomatoes Rosey Applesauce Orange Banana Chocolate Milk Strawberry Milk White Milk	Sep - 6 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	Sep - 7 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	Sep - 8 Cheese Pizza Lettuce(HS) Tomatoes Corn Apple Mandarin Oranges Ice Cream Cup Chocolate Milk Strawberry Milk White Milk Ranch Dressing
Sep - 11 Chicken Burger Lettuce(HS) Tomatoes Corn Pineapple with Cherry Banana Orange Chocolate Milk Strawberry Milk White Milk Ketchup Mustard Mayonnaise	Sep - 12 Alfredo Pasta with Chic Buttered Broccoli(HS) Cherry tomatoes salad Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Sep - 13 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	Sep - 14 Salisbury Steak/Gravy Mashed Potatoes Green Beans(HS) Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup PC Barbecue Sauce	Sep - 15 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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Sep - 18  Ravioli Broccoli and Cheese Breadstick Mandarin Oranges Orange Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Sep - 19  Cheesy Chicken Green Beans(HS) Baby Carrots Cucumbers/Tomatoes Wheat Roll Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Sep - 20  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	Sep - 21  Chicken Strips Cream Gravy Mashed Potatoes Buttered Sweet Carrots Wheat Roll Pineapple with Cherry Orange Chocolate Milk Strawberry Milk White Milk Ranch Dressing	Sep - 22  Cheese Pizza Corn Carrot Sticks Ice Cream Cup Mandarin Oranges Apple Chocolate Milk Strawberry Milk White Milk Ranch Dressing
Sep - 25  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	Sep - 26  Barbecue Rib Chips Broccoli/Tomatoes Corn Rosey Applesauce Orange Chocolate Milk Strawberry Milk White Milk ONIONS,RAW Jalapenos	Sep - 27  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	Sep - 28  Chicken Fried Steak Mashed Potatoes Cream Gravy Broccoli and Cheese Sliced Tomatoes Wheat Roll Peaches Orange Chocolate Milk Strawberry Milk White Milk Ketchup	Sep - 29  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

This institution is an equal opportunity provider.

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