

Covenant Healthcare Childrens Center  
 School Menus  
 6/7/2015 to 6/13/2015

<b>Monday, June 08, 2015</b>	
Breakfast	Milk Chex Cereal mango
Morning Snack	Apples Sunbutter Water
Lunch	Milk Pizza with cheese,turkey and spinach Corn Peaches
Afternoon Snack	Graham crackers String Cheese Water
Light snack at 5pm	Rice Cakes raspberries Water
<b>Tuesday, June 09, 2015</b>	
Breakfast	Milk Cheerios Tropical fruit
Morning Snack	scrambled eggs with cheese on Whole Wheat English Muffins Water
Lunch	Milk Zucchini soup with onion and garlic turkey sandwich on whole wheat bread pineapple
Afternoon Snack	Goldfish crackers blueberries Water
Light snack at 5pm	salsa with tortilla chips Water
<b>Wednesday, June 10, 2015</b>	
Breakfast	Milk Whole wheat Bagel Sunbutter Tropical fruit
Morning Snack	rice krispies and milk
Lunch	Milk Turkey Sloppy Joes on whole wheat slider buns Green beans Oranges
Afternoon Snack	Chex Mix w/ pretzels Raisins Water
Light snack at 5pm	Pita bread with hummus Water

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Thursday, June 11, 2015	
Breakfast	Milk Corn Flakes Cantaloupe
Morning Snack	Vanilla Yogurt Strawberries Water
Lunch	Milk Vegetable & bean soup Sunbutter sandwiches on whole wheat Bananas
Afternoon Snack	Cottage Cheese Grapefruit water
Light snack at 5pm	turkey and cheese roll-up Water
Friday, June 12, 2015	
Breakfast	Milk Cheerios Mango
Morning Snack	Mixed fruit smoothie w/ spinach & Vanilla yogurt Water
Lunch	Milk Spaghetti w/turkey, tomato sauce, spinach Broccoli Pineapple Whole wheat garlic rolls
Afternoon Snack	Biscuits & jelly Cheese slices Water
Light snack at 5pm	"ants on a log" celery with sunbutter and raisins water