

# Covert Public Schools

## Winter/Spring Menu 2017-2018



**EACH MEAL INCLUDES:** Meat/Meat Alternate, Fruit, Vegetable, Whole Grains, 1% or Fat Free Milk Selections

**MEAL PRICING:**  
Lunch Free for Students  
Adult Lunch Price \$3.80  
Milk Only \$.50

**Breakfast Menu, Free for K-12**

**Monday:** Warm UBR Cookie  
*Breakfast includes fruit, juice and milk.*

**Tuesday:** Pancake on a Stick

**Wednesday:** Yogurt Parfaits W/Granola

**Thursday:** Breakfast Pizza

**Friday:** Waffles or Smoothie

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	January 8-12, February 5-9, March 5-9, April 9-13				
	Pepperoni Pizza or Super Salad Bar or Grape PBJ Uncrustable Romaine Salad Bunch O' Grapes Milk	Nachos Grande Deluxe or Super Salad Bar or Yogurt Parfaits W/Granola Pintos w/Cheese Pineapple Tidbits WG Cinnamon Roll Milk	WG French Toast Sticks or Super Salad Bar or Strawberry PBJ Uncrustable Scrambled Eggs Sausage Link Fresh Orange Smiles Milk	Fried Chicken Drumstick or Super Salad Bar or Turkey Cheese Wrap Mashed Potatoes & Gravy Fresh Snap Peas Mandarin Oranges WG Roll w/Butter Milk	Turkey Cheese Sub Sandwich or Super Salad Bar or Goldfish Snack Boat Tomato Soup Relish Stix W/Dip Fresh Apple Slices Milk
<b>2</b>	January 15-19, February 12-15, March 12-16, April 16-20				
	All Beef Hot Diggity Dog or Super Salad Bar or Grape PBJ Uncrustable Spicy Baked Beans Cinnamon Pears Milk	Ham, Egg & Cheese Croissant or Super Salad Bar or Yogurt Parfaits W/Granola Hash Brown Patty Strawberry Cup Milk	Crispy Chicken Sandwich WG Bun or Super Salad Bar or Strawberry PBJ Uncrustable Green Beans Sliced Peaches Milk	Cheeseburger Deluxe WG Bun or Super Salad Bar or Turkey Cheese Wrap Baked Fries Petite Bananas Milk	Cheese Quesadilla or Super Salad Bar or Goldfish Snack Boat Mexicali Corn Apple Slices w/Caramel Dip Milk
<b>3</b>	January 22-26, February 20-23, March 19-23, April 23-27				
	Chicken Nuggets or Super Salad Bar or Grape PBJ Uncrustable Fruit Muffin Tater Tots Asst. Fresh Fruit Milk	Soft Taco W/Romaine Ribbons or Super Salad Bar or Yogurt Parfaits W/Granola Blk. Bean Corn Salsa W/ Scoops Fresh Apple Milk	Mini Corn Dogs or Super Salad Bar or Strawberry PBJ Uncrustable Maple Glazed Carrot Coins Potato Smiles Fresh Pear Milk	WG Spaghetti W/Meat Sauce or Super Salad Bar or Turkey Cheese Wrap Green Beans Cinnamon Applesauce Garlic Breadstick Milk	WG Macaroni & Cheese or Super Salad Bar or Goldfish Snack Boat Steamed Broccoli Cornbread Pineapple Tidbits Milk
<b>4</b>	January 29-February 2, February 26-March 2, April 30-May 4				
	Homemade Chili or Super Salad Bar or Grape PBJ Uncrustable Baby Carrots W/Dip Locally Grown Apple WG Cheez-its Milk	Dutch Waffle W/Syrup or Super Salad Bar or Yogurt Parfaits W/Granola Sausage Patty Fresh Grapes Orange Juice Milk	Cheese Pizza or Super Salad Bar or Strawberry PBJ Uncrustable Baby Peas Fresh Pears Milk <b>**Wellness Wednesday Activity*</b>	BBQ Chicken Sandwich or Super Salad Bar or Turkey Cheese Wrap Baked Beans Mixed Veggie Crunchers Pineapple Tidbits Milk	Stuffed Bread Stick W/ Marinara Sauce or Super Salad Bar or Goldfish Snack Boat Green Beans Petite Banana Milk

Questions, comments or concerns? Call (269) 764-3700 ext. 3733 or Email: nicholsa@covertps.org  
\*This institution is an equal opportunity provider.\*