

Covert Public Schools Winter/Spring Menu



MEAL PRICING:

Lunch Free for Students
 Adult Lunch Price \$3.80
 Milk Only \$.50

EACH MEAL INCLUDES:

Meat/Meat Alternate, Fruit, Vegetable
 Whole Grains, 1% or Fat Free Milk
 Selections

Breakfast Menu:
 Free for K-12

Monday:
 Warm UBR
 Cookie

Tuesday:
 Pancake on
 a Stick

Wednesday:
 Yogurt
 Parfaits
 W/Granola
 Bar

Thursday:
 Breakfast
 Pizza

Friday:
 Waffles or
 Smoothie

Breakfast includes fruit, juice and milk.

Questions, comments or concerns? Call (269) 764-3700 ext. 3733 or Email: nicholsa@covertps.org

LUNCH Menu

Winter/Spring 2017-2018

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

Follow the menu with its calendar day. Each week is represented by a color and represents a 4 week cycle menu. *Menu subject to change without notice.

This institution is an equal opportunity provider.

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■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan