

Covert Public Schools

FALL 2017 Grades PreK-12 Lunch MENU

What's For Lunch Today?
Find the current date on the Calendar below and corresponding color and day on the Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
MENU #1	Oven Baked Parmesan Chicken Steamed Broccoli WG Roll Fruit Milk	Hamburger Corn WG Bun Pickles Fruit Milk	Orange Chicken WG Fried Rice With Peas and Corn Fruit Green Salad Milk	Bean Burrito and Cheese Green Salad Fruit Milk	Turkey Ham and Cheese Calzone Fruit Green Salad Milk
MENU #2	Big Daddy's Cheese Pizza Green Salad Fruit Milk	Roast Beef Sandwich Green Beans Fruit Milk	Roasted Chicken Breast WG Brown Rice Crinkle Cut Carrots Fruit Milk	Spaghetti with Beef Meatballs and Sauce Green Salad Fruit Milk	WG Fish Sticks Green Salad Fruit Milk
MENU #3	Beef Hot Dogs With WG Bun Celery Sticks Fruit Milk	Big Daddy's Cheese Pizza Green Salad Fruit Milk	Baked Chicken Green Peas Sweet Potatoes Fruit Milk	Pepperoni Pizza Carrot Sticks Fruit Milk	Beef Chili with Beans WG Crackers Fruit Milk
MENU #4	WG Spaghetti with Meat Balls and Sauce Fruit Green Salad Milk	Tangerine Chicken Brown Rice Steamed Broccoli Fruit Milk	Beef Roast Cucumber Slices Fruit Sweet Potatoes Milk	WG Pepperoni Pizza Green Salad Fruit Milk	Shredded Chicken Sandwich w/BBQ Sauce WG Bun Red Cabbage Slaw Fruit Milk
ALT	Peanut Butter & Jelly Sandwich Fruit, Vegetable or Salad	Peanut Butter & Jelly Sandwich Fruit, Vegetable or Salad	Peanut Butter & Jelly Sandwich Fruit, Vegetable or Salad	Peanut Butter & Jelly Sandwich Fruit, Vegetable or Salad	Peanut Butter & Jelly Sandwich Fruit, Vegetable or Salad

News

Full Meal Includes:

- Meat/Meat Alternate
- Fruit
- Vegetable
- Whole grains
- 1% or fat free milk selections

Student meals must include at least one fruit or vegetable

Students must take at least 3 components and may take all 4

We reserve the right to change menus due to school closings and vendor availability

This school is an equal opportunity provider

USDA is an equal opportunity provider and employer

1% white or fat-free flavored milk with each meal

Menu Subject to Changes Without Notice

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September					October					November					December				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
				1	1	2	3	4	5			1	2	3					1
4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
25	26				30	31				27	28	29	30		25	26	27	28	29

= No School or Holiday