

# Covert Public Schools

## FALL 2017 CACFP **Supper** MENU

### What's For Supper Today?

Find the current date on the Calendar below and corresponding color and day on the Menu.

	Monday	Tuesday	Wednesday	Thursday
<b>Menu #1</b>				
Meat/Meat Alternate Whole Grains Vegetable Fruit 1% or Fat Free Milk	Big Daddy's Cheese Pizza WG Pizza Crust Green Salad Apple Milk	Bean & Cheese WG Burrito Celery Sticks Nectarine Milk	Chicken Nuggets - WG Breading Corn Diced Peaches Milk	Hamburger On WG Bun Green Salad Diced Peaches Milk Ketchup & Mustard
<b>Menu #2</b>				
Meat/Meat Alternative Whole Grains Vegetable Fruit 1% or Fat Free Milk	Hamburger WG Bun Broccoli Coleslaw Diced Peaches Milk Ketchup & Mustard	Turkey & Cheese Sandwich WG Bread Green Salad Diced Peaches Milk	Beef Hot Dogs WG Bun Celery Sticks Mixed Fruit Cup Milk	WG Breaded Chicken Patty WG Bun Tomato Slices Applesauce Milk
<b>Menu #3</b>				
Meat/Meat Alternate Whole Grains Vegetable Fruit 1% or Fat Free Milk	Peanut Butter & Jelly on WG Bread Carrot Sticks Applesauce Milk	WG Breaded Chicken Nuggets WG Bun Corn Diced Peaches Milk	Beef Meatballs On WG Bun Green Salad Diced Peaches Milk	Sloppy Joes WG Bun Celery Sticks Orange Milk
<b>Menu #4</b>				
Meat/Meat Alternate Whole Grains Vegetable Fruit 1% or Fat Free Milk	Cheese WG Bosco Sticks Green Beans Diced Peaches Milk w/Marinara Sauce	Cheese WG Bosco Sticks Green Beans Diced Peaches Milk	Turkey & Cheese Sandwich WG Bun Tomato Slices Orange Milk	WG Breaded Fish Sticks WG Bun Corn Apple Milk

### 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 5

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

This school is an equal opportunity provider

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

**Menu Subject to Changes Without Notice**

October				
M	T	W	T	F
1	2	3	4	5
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

 = No School or Holiday

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