



Covington Elementary LUNCH MENU JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WINTER/CHRISTMAS BREAK	2 WINTER/CHRISTMAS BREAK	3 Delicious Chicken Tenders Chilled Fruit Creamy Mashed Potatoes Bayou Baked Beans Fresh Baked Roll	4 National Spaghetti Day Italian Meat Sauce w/ Pasta Chilled Fruit Seasoned Green Beans Garden Green Salad Fresh Baked Breadstick Fresh Chocolate Chip Cookie	5 Homestyle Hamburger OR Cheeseburger Chilled Fruit Crisp Green Lettuce Crispy Potato Rounds OR Hot French Fries Yellow Cake w/ Icing
8 Delicious Chicken Tenders Chilled Fruit Garden Green Salad Green Peas Creamy Mac-N-Cheese Texas Toast	9 Beef Tacos w/ Fixings Chilled Fruit Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	10 Red Beans w/Sausage Frozen Fruit Sorbet Fresh Crisp Carrots Vegetable Juice Sunny Yellow Squash Zesty Cucumber Slices Fresh Baked Breadstick Fluffy Rice	11 National Milk Day Homemade Meatloaf Chilled Fruit Fresh Broccoli Bites Creamy Mashed Potatoes OR Crispy Potato Rounds OR Hot French Fries Fresh Baked Roll Fudgy Brownie OR Rice Krispie Treat	12 Grilled cheese sandwiches Corn and fruits and vegetables And a cookie
15 MARTIN LUTHER KING HOLIDAY	16 Pig-in-a-blanket Chilled Fruit Crispy Potato Rounds OR Hot French Fries Bayou Baked Beans Gelatin	17 Original Oven Fried Chicken Chilled Fruit Fresh Crisp Carrots Louisiana Style Red Beans w/ Rice Flaky Biscuit	18 Italian Meat Sauce w/ Pasta Chilled Fruit Seasoned Green Beans Garden Green Salad Fresh Baked Breadstick Yellow Cake w/Icing	19 Grilled Cheese Sandwich Chilled Fruit Whole Kernel Corn Garden Green Salad Chocolate Chip Cookie
22 Delicious Chicken Tenders Chilled Fruit Garden Green Salad Fresh Cauliflower Bites Snappy Celery Sticks Creamy Mac-N-Cheese Fresh Baked Roll	23 Beef Tacos w/ Fixings Chilled Fruit Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	24 Fried Catfish OR Creole Baked Catfish Gelatin w/ Fruit Fresh Broccoli Bites Creamy Mashed Potatoes OR Baked Potato Fresh Baked Breadstick	25 Breezy Beefy Mac Chilled Fruit Seasoned Green Peas Fresh Crisp Carrots Texas Toast Fudgy Brownie	26 Classic Chicken Sandwich Chilled Fruit Crisp Green Lettuce Crispy Potato Rounds OR Hot French Fries
29 Dipping Chicken Nuggets Chilled Fruit Delicious Fruit Crisp Fresh Crisp Carrots Broccoli Cheese Rice Casserole OR Rice w/gravy Texas Toast	30 Beef Nachos Chilled Fruit Garden Green Salad Salsa Baked Breadstick OR Tortilla Chips	31 Finger Lick'n Roasted Chicken Chilled Fruit Fresh Crisp Carrots Louisiana Style Red Beans Fluffy Rice Flaky Biscuit	LUNCH PRICES: Reduced (PK-12) \$0.40 Full Price (PK-6) \$1.30 Full Price (7-12) \$1.55 Eligible Adults \$3.25 Visitors \$4.25	AVAILABLE DAILY: Low-Fat White Milk Fat-Free Chocolate Milk Fat-Free Strawberry Milk OPTIONAL ENTRÉE: Non-Fat Flavored Yogurt w/Mozzarella String Cheese

This institution is an equal opportunity provider. Menus are subject to change.