

Covenant Kids Meals for 2018-2019

September 12	Red and White Pasta, Applesauce, Salad, Garlic Bread
September 19	Marinated Chicken, Baked Potatoes, Broccoli, Pineapple
September 26	Chicken Enchilada Soup, Tortilla Chips, Watermelon
October 3	Taco Salad, Refried Beans, Grapes
October 10	Pork Loin, Mashed Potatoes, Green Beans, Rolls, Salad
October 17	Ham and Alfredo Pasta, Peas, Hawaiian Rolls, Salad
October 24	Sub Sandwiches, Carrots/Celery and Ranch, Chips
October 31	Chili, Fritos, Clementines
November 14	Red and White Pasta, Applesauce, Salad, Garlic Bread
November 28	Marinated Chicken, Baked Potatoes, Broccoli, Pineapple
December 5	Taco Salad, Refried Beans, Grapes
December 12	Chicken Enchilada Soup, Tortilla Chips, Watermelon
December 17	Pork Loin, Mashed Potatoes, Green Beans, Rolls, Salad
January 9	Ham and Alfredo Pasta, Peas, Hawaiian Rolls, Salad
January 16	Meatball Subs, Carrots/Celery and Ranch, Chips
January 23	Chili, Fritos, Clementines
January 30	Red and White Pasta, Applesauce, Salad, Garlic Bread
February 6	Marinated Chicken, Baked Potatoes, Broccoli, Pineapple
February 13	Taco Salad, Refried Beans, Grapes
February 20	Chicken Enchilada Soup, Tortilla Chips, Watermelon
February 27	Pork Loin, Mashed Potatoes, Green Beans, Rolls, Salad
March 6	Ham and Alfredo Pasta, Peas, Hawaiian Rolls, Salad

March 13	Meatball Subs, Carrots/Celery and Ranch, Chips
March 20	Chili, Fritos, Clementines
March 27	Red and White Pasta, Applesauce, Salad, Garlic Bread
April 3	Marinated Chicken, Baked Potatoes, Broccoli, Pineapple
April 10	Taco Salad, Refried Beans, Grapes
May 1	Chicken Enchilada Soup, Tortilla Chips, Watermelon
May 8	Pork Loin, Mashed Potatoes, Green Beans, Rolls, Salad

**We have many food allergies and intolerances, so every week we offer a gluten/dairy/soy free alternative. The alternatives are Paleo and Autoimmune Paleo compliant. If you have any questions or concerns, please give Kristin Shoger a call at 863.582.5571.