

# SEPTEMBER | 2022

## Covington Catholic High School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Original or Spicy Chicken Tenders with Mini Biscuit Waffle Fries Baked Beans, Veggie Boat Applesauce Cup Fresh Fruit Milk	<b>2</b> Cheesy Flatbread or Mozzarella Cheese Sticks Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
<b>5</b> <b>Labor Day</b>	<b>6</b> Pulled Pork Sandwich or Buffalo Chicken Dip Baked Beans Celery with Dip Applesauce Cup Fresh Fruit Milk	<b>7</b> Salisbury Steak Dinner Roll or Chicken Patty on Bun Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	<b>8</b> Queso Chicken over Rice or Beef Enchiladas Salsa, Sour Cream Black Beans, Corn Mexican Salad Pear Cup, Fresh Fruit Milk	<b>9</b> Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges
<b>12</b> Chicken or Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Peach Cup Frozen Sidekick Milk	<b>13</b> 3, 4-, or 5-Way Spaghetti Chili Kidney Beans, Onions Shredded Cheese Oyster Crackers Green Beans, Salad Pear Cup, Fresh Fruit Milk	<b>14</b> Two Chicken Drumsticks Dinner Roll Mashed Potatoes Garden Salad Pineapple Tidbits Fresh Fruit Milk	<b>15</b> Beef or Chicken Philly Sandwich With Sautéed Peppers & Onions Potato Wedges Glazed Carrots Applesauce Cup Fresh Fruit Milk	<b>16</b> Cheese Bites with Marinara Steamed Broccoli Veggie Boat Mandarin Oranges Fresh Fruit Milk
<b>19</b> Chicken Patty Sandwich or Pollo Chicken over Rice w/Dinner Roll Seasoned Potatoes Baked Beans Peach Cup Frozen Sidekick Milk	<b>20</b> Pancakes, Cheese Omelet Sausage Patty Carrots/Celery with Dip Smile Fries Baked Apples Fresh Fruit Milk	<b>21</b> Roast Beef w/Gravy Dinner Roll Mashed Potatoes Glazed Carrots Garden Salad Pineapple Tidbits, Fresh Fruit Milk	<b>22</b> Hot Dog or Cheese Coney Potato Wedges Veggie Boat Pear Cup Fresh Fruit Milk	<b>23</b> Fish Sandwich or Grilled Cheese Tomato Soup Garden Salad, Green Beans Applesauce Cup Fresh Fruit Milk
<b>26</b> Cheese or Pepperoni Pizza Corn Garden Salad Peach Cup Frozen Sidekick Milk	<b>27</b> Sweet Chili Meatballs or Honey Sriracha Chicken Bowl Glazed Carrots Broccoli With dip Pear Cup, Fresh Fruit Dinner Roll Milk	<b>28</b> Baked Ziti Breadstick Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk	<b>29</b> Original or Spicy Chicken Tenders with Mini Biscuit Waffle Fries Baked Beans, Veggie Boat Applesauce Cup Fresh Fruit Milk	<b>30</b> Cheesy Flatbread or Mozzarella Cheese Sticks Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk

### News

#### Alternate Meal Options

\*Milk and choices of daily fruits and/or vegetables offered with all alternate meal options\*

Hummus Grab n Go  
-Hummus cup, Tostito's chips, and cheese stick

Chef Salad  
-Large salad with turkey or hardboiled egg, goldfish, and pretzels

PB & J Sandwich Grab n Go  
-PB & J sandwich, goldfish

Buffalo or Plain Chicken Wrap

Turkey or Ham and Cheese Sandwich

**Meat options not offered on Fridays**

**Menu subject to change by product availability**