

# AUGUST | 2019

## COVINGTON CATHOLIC HIGH SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1	2
5	6	7	8	9
12 Chicken Patty Sandwich or Cheeseburger Pickle, Lettuce & Tomato Seasoned Potatoes Carrots/Celery with Dip Diced Peaches Frozen Sidekick Milk	13 Two Chicken Drumsticks or Salisbury Steak Dinner Roll Mashed Potatoes Green Beans Diced Pears Fresh Fruit Milk	14 Chicken Taco or Beef Taco Mexican Salad, Corn Salsa, Sour Cream Onions/Peppers Pineapple Tidbits Fresh Fruit Milk	15 NO SCHOOL	16 Cheese Raviolis or Cheesy Flatbread Marinara Sauce Steamed Broccoli Garden Salad Applesauce Fresh Fruit Milk
19 Cheese, Pepperoni or Buffalo Chicken Pizza Green Beans Garden Salad Diced Peaches Frozen Sidekick Milk	20 Sweet Thai Chicken with Rice Or Honey Sriracha Chicken Bowl Glazed Carrots Onion, Pepper Pineapple Tidbits Fresh Fruit Milk	21 Pancakes, Cheese Omelet Sausage Salsa Smile Fries Baked Apples Fresh Fruit Milk	22 Chicken Tenders or Spicy Chicken Tenders Macaroni and Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk	23 Fish Sandwich or Mozzarella Cheese Sticks Marinara Sauce Steamed Broccoli Garden Salad Applesauce Fresh Fruit Milk
26 Chicken Quesadilla or Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Frozen Sidekick Fresh Fruit Milk	27 3, 4 or 5 Way Chili Spaghetti Green Beans Kidney Beans Onion, Shredded Cheese Oyster Crackers Diced Peaches Fresh Fruit Milk	28 Cheeseburger or Turkey Sub Sandwich Sweet Potato Fries Pickles, Lettuce & Tomato Veggie Boat Pineapple Tidbits Fresh Fruit Milk	29 Beef or Chicken Philly Sandwich with Queso Sautéed Peppers and Onions Steamed Broccoli Mandarin Oranges Fresh Fruit	30 Wild's Mike Cheese Bites or Cheese Raviolis Marinara Sauce Garden Salad Applesauce Fresh Fruit Milk

News