

AUGUST | 2022

Covington Catholic High School Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 |
| 15 Chicken or Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Peach Cup Frozen Sidekick Milk | 16 3,4, or 5 Way Spaghetti Chili Kidney Beans, Onions Shredded Cheese Oyster Crackers Green Beans, Salad Pear Cup, Fresh Fruit Milk | 17 Two Chicken Drumsticks Dinner Roll Mashed Potatoes Garden Salad Pineapple Tidbits Fresh Fruit Milk | 18 Beef or Chicken Philly Sandwich With Sauteed Peppers & Onion Potato Wedges Glazed Carrots Applesauce Cup Fresh Fruit Milk | 19 Cheese Bites with Marinara Steamed Broccoli, Veggie Boat Mandarin Oranges Fresh Fruit Milk |
| 22 Chicken Patty Sandwich or Pollo Loco Chicken over Rice w/Dinner Roll Seasoned Potatoes Baked Beans Peach Cup Frozen Sidekick Milk | 23 Pancakes, Cheese Omelet Sausage Patty Carrots/Celery with Dip Smile Fries Baked Apples Fresh Fruit Milk | 24 Sliced Turkey with Gravy Dinner Roll Mashed Potatoes Glazed Carrots Garden Salad Pineapple Tidbits, Fresh Fruit Milk | 25 Hot Dog or Cheese Coney Potato Wedges Veggie Boat Pear Cup Fresh Fruit Milk | 26 Fish Sandwich or Grilled Cheese Tomato Soup Garden Salad, Green Beans Applesauce Cup Fresh Fruit Milk |
| 29 Cheese or Pepperoni Pizza Corn Garden Salad Peach Cup Frozen Sidekick Milk | 30 Sweet Chili Meatballs or Honey Sriracha Chicken Bowl Glazed Carrots Broccoli with Dip Pear Cup, Fresh Fruit Dinner Roll Milk | 31 Baked Ziti Breadstick Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk | 1 Original or Spicy Chicken Tenders Potato Wedges Baked Beans, Veggie Boat Applesauce Cup Fresh Fruit Milk | 2 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

Buffalo or Plain Chicken Wrap

Turkey or Ham and Cheese Sandwich

Meat options not offered on Fridays

Menu subject to change by product availability