

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

# DECEMBER 2022

## Covenant Academy

Lunches Provided By:  
**Roadrunner Foods**  
 (p) 281-565-7902  
[www.RoadrunnerFoodService.com](http://www.RoadrunnerFoodService.com)



**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>5</b></p> <p>Oven Baked Fish Sticks          Steamed White Rice          Organic Steamed Broccoli          Cinnamon Baked Peaches</p> <p>V: Veggie Nuggets</p>	<p><b>6</b></p> <p><b>Breakfast For Lunch!</b></p> <p>Mini Buttermilk Pancakes w/ Syrup          Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers          Turkey Sausage Patty          Organic Seasonal Fresh Fruit          V: Veggie "Sausage" Patty</p>	<p><b>7</b></p> <p>Beef Hotdogs          Baked Tater Tots          Organic Green Beans          Organic Seasonal Fresh Fruit</p> <p>V: Grilled Cheese</p>	<p><b>1</b></p> <p>Chicken Fajita Soft Tacos w/ Cheese &amp; Tri-Colored Bell Peppers          Spanish Rice w/ Organic Mixed Veggies          Refried Beans          Organic Seasonal Fresh Fruit          V: Bean &amp; Cheese Roll Up</p>	<p><b>2</b></p> <p>Oven Baked Cheese Pizza          Organic Peas &amp; Carrots Blend          Cinnamon Baked Apples</p>
<p><b>12</b></p> <p>Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken &amp; Broccoli          Organic Oven Roasted Baby Carrots          Dinner Roll          Organic Seasonal Fresh Fruit          V: Bow Tie Pasta w/ Veggie "Chicken"</p>	<p><b>13</b></p> <p>Ground Beef Soft Tacos w/ Monterey Jack Cheese          Spanish Rice w/ Organic Mixed Veggies          Refried Beans          Organic Seasonal Fresh Fruit          V: Bean &amp; Cheese Roll Up</p>	<p><b>14</b></p> <p>BBQ Chicken w/ Mashed Potatoes          Organic Sweet Peas          Hawaiian Roll          Organic Seasonal Fresh Fruit          V: Veggie BBQ "Chicken"</p>	<p><b>8</b></p> <p>Baked Chicken Tenders          Macaroni &amp; Cheese          Organic Sweet Peas          Organic Seasonal Fresh Fruit</p> <p>V: Veggie Nugget</p>	<p><b>9</b></p> <p>Oven Baked Cheese Pizza          Organic Buttered Corn          Cinnamon Baked Apples</p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>15</b></p> <p>Chicken Teriyaki Fried Rice w/ Mixed Vegetables          Organic Crinkle Cut Carrots          Dinner Roll          Organic Seasonal Fresh Fruit          V: Teriyaki Fried Rice w/ Veggie "Chicken"</p>	<p><b>16</b></p> <p>Oven Baked Cheese Pizza          Organic Green Beans          Cinnamon Baked Apples</p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>29</b></p>	<p><b>30</b></p>			

**SIGN UP NOW TO ORDER SCHOOL LUNCHES!**

[WWW.LUNCHDIRECT.COM](http://WWW.LUNCHDIRECT.COM)

SCHOOL CODE: 117110

Each day your child will get a choice between three alternative entrées.

Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole**

**C: Oven Baked Chicken Tenders.** These alternative items will replace the entrée for the day; all sides will remain the same.

**\*All menu items are subject to change without notice due to availability, freshness, and quality of ingredients\***