

# SEPTEMBER | 2019



## Covington High/Middle School

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>2</b><br><b>No School</b>  | <b>3</b><br>Var Breakfast Pizza<br><br>Lunch<br><b>Breaded Chicken on Bun</b><br>Broccoli W/Cheese          | <b>4</b><br>Cheese Omelet W/Toast<br><br>Lunch<br>Pulled BBQ Pork on Bun<br>Carrots<br>Cookie                | <b>5</b><br>Var Breakfast Pizza<br><br>Lunch<br>Chicken Nuggets<br>Mashed Potato W/Gravy<br>Corn & Roll         | <b>6</b><br>Sausage & Cheese on Biscuit<br><br>Lunch<br>Chicken Quesadilla<br>Lettuce, Cheese, Salsa<br>Black Bean & Sour Cream       |
| <b>9</b><br>French Toast<br><br>Lunch<br>Ham & Potato Casserole<br>Broccoli W/Cheese<br>Biscuit | <b>10</b><br>Var Breakfast Pizza<br><br>Lunch<br>Corn Dog<br>Green Beans<br>Pudding                         | <b>11</b><br>Breakfast Burrito<br><br>Lunch<br>Var Pizza<br>Carrots  | <b>12</b><br>Var Breakfast Pizza<br><br>Lunch<br>Spaghetti W/Meat Sauce<br>Peas<br>Texas Toast                  | <b>13</b><br>Pancake on Stick<br><br>Lunch<br>Chicken Fajitas<br>Fajitas Veg, Lettuce, Cheese<br>Salsa, Refried Beans & Sour<br>Cream |
| <b>16</b><br>Pancake & Sausage<br><br>Lunch<br>Hot Dog<br>Baked Beans<br>Cookie                 | <b>17</b><br>Var Breakfast Pizza<br><br>Lunch<br>Grilled Cheese<br>Carrots                                  | <b>18</b><br>Egg & Cheese on Biscuit<br><br>Lunch<br>Popcorn Chicken<br>Broccoli W/Cheese<br>Graham Crackers | <b>19</b><br>Var Breakfast Pizza<br><br>Lunch<br>Chicken Fritter W/Gravy<br>Mashed Potato<br>Green Beans & Roll | <b>20</b><br>Sausage Gravy W/Biscuit<br><br>Lunch<br>BBQ Rib on Bun<br>Peas   |
| <b>23</b><br>Scrambled Eggs & Ham<br>W/Biscuit<br><br>Lunch<br>Meatball Sub on Bun<br>Carrots   | <b>24</b><br>Var Breakfast Pizza<br><br>Lunch<br>Grilled Chicken on Bun<br>Broccoli W/Cheese<br>Peach Crisp | <b>25</b><br>Breakfast Burrito<br><br>Lunch<br>Calzone<br>Green Beans  | <b>26</b><br>Var Breakfast Pizza<br><br>Lunch<br>Meatloaf<br>Mashed Potato W/Gravy<br>Corn & Roll               | <b>27</b><br>Pancake on Stick<br><br>Lunch<br>Chicken Taco<br>Lettuce, Cheese, Salsa<br>Black Beans & Sour Cream                      |
| <b>30</b><br>French Toast<br><br>Lunch<br>Roast Beef W/Cheese<br>Green Beans                    | <b>1</b>  | <b>2</b>   | <b>3</b>  | <b>4</b> This institution is an<br>equal opportunity<br>provider.   |

**News**  
**Meal Prices**  
**Breakfast**  
**7:45-8:05**

Student: 1.50  
 St. Reduced: .30  
 Adult: 1.85  
**Lunch**  
 Student: 2.60  
 St. Reduced: .40  
 Adult: 3.75

Breakfast Choices:  
 Cereal, Muffin, Fruit,  
 Poptarts, Bagel, Milk

Daily Lunch Choices:  
 Fruit & Milk  
 Salad Bar: M-T-W  
 Hamburger: M-W-Th  
 Bacon Cheeseburger:  
 F

Spicy Chicken: T-F  
 Chef Salad: Th-F  
 PBJ W/Cheese: Daily

NEW: Payments  
 online