



JANUARY | 2019

Covington High/Middle Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 This institution is an equal opportunity provider.	2 Cheese Omelet W/Toast Lunch Ravioli W/Meat Sauce Peas Breadstick	3 Var. Breakfast Pizza Lunch Sweet & Sour Chicken Veg. Fried Rice Veg. Spring Roll Fortune Cookie	4 Pancake on a Stick Lunch Chicken Quesadila Black Beans, Salsa Lettuce, Cheese Sour Cream
7 Scrambled Eggs & Ham Biscuit Lunch Corn Dog Broccoli W/Cheese	8 Var. Breakfast Pizza Lunch Grilled Chicken on Bun Carrots	9 Pancake & Sausage Lunch Chili or Chicken Noodle Soup Fresh Veggie, Cheese Stick Peanut Butter Sandwich Cookie	10 Var. Breakfast Pizza Lunch Chicken & Noodles Mashed Potatoes Green Beans Hot Roll	11 Sausage Gravy W/Biscuit Lunch Chicken Taco W/Tortilla Spanish Rice, Cheese Refried Beans, Lettuce Sour Cream
14 French Toast Lunch BBQ Rib on Bun Veg. Normandy W/Cheese	15 Var. Breakfast Pizza Lunch Breaded Chicken on Bun Corn Apple Crisp	16 Cheese Omelet W/Toast Lunch Var. Pizza Peas	17 Var. Breakfast Pizza Lunch Taco Hay Stack Corn Chips, Lettuce Refried Beans, Cheese Sour Cream & Salsa	18 Pancake on a Stick Lunch Fish On Bun Au Gratin Potatoes Carrots
21 Sausage Cheese Biscuit Lunch BBQ Pulled Pork on Bun Broccoli W/Cheese	22 Var. Breakfast Pizza Lunch Meatball Sub Carrots	23 Pancake & Sausage Lunch Chili or Chicken Noodle Soup Fresh Veggie, Cheese Stick Peanut Butter Sandwich Cookie	24 Var. Breakfast Pizza Lunch Popcorn Chicken Mashed Potatoes W/Gravy Corn Hot Roll	25 Egg Cheese Biscuit Lunch Chicken Fajita W/Tortilla Black Beans, Lettuce Cheese, Sour Cream Salsa
28 French Toast Lunch Ham & Potato Casserole Carrots Biscuit	29 Var. Breakfast Pizza Lunch Hot Dog on Bun Baked Beans Pudding	30 Cheese Omelet W/Toast Lunch Calzone Corn	31 Var. Breakfast Pizza Lunch Spaghetti W/Meat Sauce Peas Texas Toast	1

Meal Prices Meal
Prices
Breakfast
7:40-7:55

Student: 1.50
St. Reduced: .30
Adult: 1.85
Lunch
Student: 2.50
St. Reduced: .40
Adult: 3.55
Breakfast Choices:
Cereal, Muffin, Fruit,
Poptart, Bagel,
Oatmeal Bar & 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
Subs: Daily
NEW: Payments
online