



Covenant Schools of Rio Rancho May 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Breakfast				Cream of wheat & Milk	Cereal, Bananas & Milk
AM Snack				Honeydew & Oranges	Animal Crackers & Milk
Lunch				Beef-A-Roni, Peas, Pears & Milk	Chicken Rice Casserole, Mixed Veg, Peaches & Milk
PM Snack				Applesauce & Grahams	Vanilla Yogurt & Grahams
Week 2	5	6	7	8	9
Breakfast	Bagels, Pears & Milk	Waffles, Oranges & Milk	English Muffins, Jelly & Milk	Cinnamon Toast & Juice	Oatmeal, Pears & Milk
AM Snack	Marshmallows w/fruit	Trail Mix & Juice	Watermelon, Cantaloupe	Jelly Roll-ups & Pretzels	Apples & WOW! butter
Lunch	Tuna sandwiches, Tator tots, Pickles, Milk	Meatballs, Mash Potatoes & Gravy, Fruit Cocktail, Milk	Chicken Nuggets, Green Beans, Pears & Milk	Penne Pasta w/Meat Sauce, Salad, Peaches & Milk	Grilled Ham & Cheese, French Fries, Pickles & Milk
PM Snack	Oranges, & Crackers	Blueberry Cake	Cheddar Cheese Squares & Saltines	Cucumbers, Ranch & Saltines	Goldfish & Juice
Week 3	12	13	14	15	16
Breakfast	Cereal, Bananas & Milk	Cream of wheat, Pineapple & Milk	Cinnamon Toast, Peaches & Milk	Cereal, Bananas & Milk	Bagels, Jelly & Milk
AM Snack	Corn Bread & Milk	Applesauce & Crackers	WOW butter w/ Celery	Pretzels & Juice	Oranges & Crackers
Lunch	Macaroni & Cheese, Peas, Fruit Cocktail & Milk	Hamburgers, Potato chips, Pickles & Milk	Chicken Fettuccini Alfredo, Carrots, Fruit Cocktail, Milk	Turkey Sandwiches, Potato Salad, Pickles, Peas & Milk	Spaghetti w/ Meat Sauce, Salad, Pineapple & Milk
PM Snack	Vanilla Pudding, Grahams	Cheese & Saltines	Animal Crackers & Juice	Brownies & Milk	Trail Mix & Juice
Week 4	19	20	21	22	23
Breakfast	Scrambled Eggs, Toast & Milk	Oatmeal, Peaches & Milk	Waffles & Juice	French Toast, Pears & Milk	Cinnamon Toast, Pineapple & Milk
AM Snack	Graham Crackers & Jelly	Sliced Apples & Crackers	Jell-O w/Whipped Cream	Cheese & Crackers	Strawberry Yogurt, Grahams
Lunch	Cheesy Potato Soup, Saltines, Peaches, Milk	Meat Balls, Red Sauce, Green Beans, Pears & Milk	Chicken Salad Sandwich Tator Tots, Pickles, Milk	Shepherd's Pie w/ Veggies & Ground Beef, Fruit & Milk	Chef Salad, Chips, Pickles & Milk
PM Snack	Trail Mix & Juice	Watermelon & Crackers	Applesauce Cake & Milk	Sliced Apples & Oranges	Celery & Cream Cheese
Week 5	26	27	28	29	30
Breakfast	School is	Bagels w/ Cream Cheese, Jelly & Milk	Cereal, Bananas & Milk	Cream of wheat, Pears & Milk	Blueberry Pancakes & Milk
AM Snack	Closed for	Marble Cake & Milk	Goldfish & Juice	Granola Bars & Milk	Chocolate Pudding & Milk
Lunch	Memorial	Beef Stroganoff, Carrots, Fruit & Milk	Chicken & Cheese Quesadillas, Veggies, Peaches & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk	Chicken Pasta Salad, Oranges, Bread & Milk
PM Snack	Day!!!	Cinnamon Roll-ups, Juice	Cantaloupe & Saltines	Honeydew & Crackers	Cornbread & Juice