



# Covenant School of Rio Rancho April 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Bagels, Cream Cheese, & Milk	Oatmeal, Fruit, & Milk	Cereal, Bananas, & Milk	Egg Cups, Salsa, & Milk	Closed for
AM Snack	Pickles & Saltines	Oranges & Pretzels	Celery & Ranch	Strawberry Yogurt	Good Friday
LUNCH	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Hamburger Vegetable Soup w/ Rice, Applesauce, & Milk	Ham & Cheese Sandwiches, Chips, Fruit, & Milk	Bean & Cheese Burritos, Corn, Salsa, & Milk	
PM Snack	Goldfish & Juice	Carrot Sticks & Hummus	Blueberries & Animal Crackers	Jell-O and Fruit	
WEEK 2	10	11	12	13	14
Breakfast	Waffles, Fruit, & Milk	Assorted Fruit Muffins & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Cereal, Bananas, & Milk	English Muffins, Jam, & Milk
AM Snack	Yogurt & Blueberries	Fresh Berries & Pretzels	Pickles & Olives	Cheese and Crackers	Bananas & Animal Crackers
LUNCH	Vegetable, Rice & Barley Soup, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Penne Pasta with Alfredo Sauce, Salad, & Milk	Tomato Noodle Soup, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk
PM Snack	Jell-O and Fruit	Oranges & Saltines	Apples & Animal Crackers	Bell Peppers & Ranch	Broccoli & Hummus
WEEK 3	17	18	19	20	21
Breakfast	French Toast Sticks, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Pancakes, Fruit, & Milk
AM Snack	Cauliflower & Crackers	Ham & Crackers	Berry Yogurt	Fresh Broccoli & Ranch	Carrot Sticks & Ranch
LUNCH	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Meatballs, Gravy, Mashed Potatoes, & Milk	Cheesy Potato and Broccoli Soup, Fruit, & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Sloppy Joes, Chips, Fruit, & Milk
PM Snack	Bananas & Graham Crackers	Applesauce & Animal Crackers	Oranges & Pretzels	Cucumbers & Saltines	Jell-O and Fruit
WEEK 4	24	25	26	27	28
Breakfast	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk	Waffles, Bananas, & Milk	Hardboiled Eggs, Fruit, & Milk	Blueberry Muffins & Milk
AM Snack	Carrots & Hummus	Strawberry Yogurt	Berries & Graham Crackers	Carrot Sticks & Ranch	Hardboiled Eggs & Crackers
LUNCH	Beef-A-Roni, Salad, Fruit, & Milk	Chicken Soup with Vermicelli Noodles, Mixed Vegetables, Saltines, & Milk	Salami Sandwiches, Pickles, Fruit, & Milk	Chicken and Rice Casserole, Peas, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk
PM Snack	Cheese & Pretzels	Jell-O and Fruit	Oranges & Pretzels	Apples & Cheese	Cucumbers & Hummus
WEEK 5					
Breakfast	National Holidays:				
AM Snack	4 <sup>th</sup> : Vitamin C Day 6 <sup>th</sup> : Burrito Day				
LUNCH	18 <sup>th</sup> : Animal Crackers Day				
PM Snack	19 <sup>th</sup> : Banana Day 26 <sup>th</sup> : Pretzel Day				

