



Covenant Schools of Rio Rancho- September 2014 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
WEEK 1	Closed For Labor Day! 	2	3	4	5
Breakfast		English Muffins, Mandarin Oranges, Jelly & Milk	Cereal, Bananas & Milk	Waffles, Pears & Milk	Bagels, Jelly & Milk
AM Snack		Graham Crackers & Cheese	Cucumbers, Ranch & Townhouse Crackers	Ambrosia Salad & Juice	Honey dew & Saltines
LUNCH		Turkey Sandwiches, French Fries, Fruit Cocktail & Milk	Meatballs w/Marinara Sauce, Garlic Bread, Pineapple & Milk	Chicken Noodle Soup, Saltines, Peaches & Milk	Penne Pasta w/Meat Sauce, Salad, Pears & Milk
PM Snack		Chocolate Pudding, Saltines & Milk	Cinnamon Applesauce & Graham Crackers	Oatmeal Cookies & Milk	Grahams & Vanilla Pudding
WEEK 2	8	9	10	11	12
Breakfast	Cereal, Bananas & Milk	Cream of Wheat, Pears & Milk	Biscuits, Jelly & Milk	Cinnamon Toast, Peaches & Milk	Hot Oatmeal, Pears & Milk
AM Snack	Oranges & Townhouse Crackers	Vanilla Yogurt & Goldfish	Trail Mix & Juice	Cheddar Cheese Squares & Saltines	Jelly Roll-Ups & Milk
LUNCH	Chicken Pasta Salad, Saltines, Pineapple & Milk	Cheesy Potato Soup, Bread, Peaches & Milk	Bean & Cheese Burritos, Spanish Rice, Pears & Milk	Chicken & Rice Casserole, Mixed Veggies, Pineapple & Milk	Fish Sticks, Peas, Sliced Oranges & Milk
PM Snack	Fruit w/Whip Cream & Saltines	Bananas & Apples	Chocolate Cake & Milk	Animal Crackers & Yogurt	Goldfish & Pretzels
WEEK 3	15	16	17	18	19
Breakfast	Bagels, Cream Cheese, Jelly & Milk	English Muffins, Pineapple & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches & Milk	Cinnamon Toast, Pears & Milk
AM Snack	Applesauce & Graham Crackers	Vanilla Waffers & Yogurt	String Cheese & Townhouse Crackers	Chocolate Chip Cookies & Milk	Fruit Loops & Bananas
LUNCH	Frito Pie w/Beans, Peaches & Milk	Ham & Cheese Sandwiches, Potato Chips, Green Beans & Milk	Chicken Nuggets, Tator Tots, Pineapple & Milk	Salisbury Steak, Mashed Potatoes, Gravy, Peas & Milk	Beef & Barley Soup, Grilled Cheese, Fruit Cocktail & Milk
PM Snack	Honeydew & Saltines	Granola Bars & Milk	Saltines & Mixed Fruit	Celery w/Wow Butter & Raisins	Tortillas & Cheese
WEEK 4	22	23	24	25	26
Breakfast	Hot Oatmeal, Peaches & Milk	French Toast, Mixed Fruit & Milk	English Muffins, Pears & Milk	Cereal, Bananas & Milk	Scrambled eggs, Toast & Milk
AM Snack	White Cake & Milk	Animal Crackers & Milk	Graham Crackers & Cheese	Vanilla Wafers & Pudding	Jello w/Fruit
LUNCH	Hamburgers, Potato Chips, Pickles, Mixed Veggies & Milk	Chicken and Cheese Enchiladas, Pinto Beans, Pears & Milk	Chicken & Rice Casserole, Green Beans, Pineapple & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk	Elbow Pizza Casserole w/Ground Beef, Salad, Peaches & Milk
PM Snack	Cinnamon Roll-Ups & Milk	Brownies & Milk	Watermelon & Sliced Apples	Trail Mix & Juice	Cucumbers w/Ranch & Saltines
WEEK 5	29	30			
Breakfast	Cereal, Bananas & Milk	Bagels, Jelly & Milk			
AM Snack	Goldfish & Graham Crackers	Saltines & Cinnamon Applesauce			
LUNCH	Broccoli & Cheese Soup, Corn, Mandarin Oranges & Milk	Meatballs w/Brown Gravy, Mashed Potatoes, Pineapple & Milk			
PM Snack	Strawberry Yogurt & Townhouse Crackers	String Cheese & Saltines			