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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Special Days				1
Breakfast	7th: Salami Day! 20th: String Cheese Day! 26th: Pancake Day! 27th: Chocolate Milk Day!				Hard-Boiled Eggs, Fruit, & Milk
AM Snack					Baby Carrots & Ranch
LUNCH					Pork & Root Vegetable Stew, Crackers, Fruit, & Milk
PM Snack					Yogurt & Berries
WEEK 2	4	5	6	7	8
Breakfast	CLOSED FOR LABOR DAY!!! 	Cereal, Bananas, & Milk	Bagels, Cream Cheese, & Milk	Cream of Wheat, Fruit & Milk	Biscuits, Jelly, & Milk
AM Snack		Tortillas & Jelly	Applesauce & Crackers	Fresh Veggies & Ranch	Yogurt & Animal Crackers
LUNCH		Hamburgers, Chips, Pickles, Fruit, & Milk	Cajun Sausage, Rice & Red Bean Casserole, Fruit, & Milk	Salami Sandwiches, Carrot Sticks, Pickles, Fruit & Milk	Macaroni & Cheese, Peas, Fruit, & Milk
PM Snack		Hardboiled Eggs & Pitas	Sliced Oranges & Pretzels	Bananas & Graham Crackers	Apples & Cheese
WEEK 3	11	12	13	14	15
Breakfast	Bagels, Jelly & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Hard-Boiled Eggs, Salsa, & Milk	Waffles, Fruit, & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Fresh Berries & Crackers	Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH	Turkey Sandwiches, Sandwiches, Pickles, Carrot Sticks & Milk	Penne Pasta in Marinara, Bread Sticks, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Bean & Cheese Tacos, Corn, Fruit, & Milk	Meatballs with Gravy, Rice, Fruit, & Milk
PM Snack	Cucumbers & Hummus	Frozen Yogurt	Papayas & Pretzels	Bananas & Animal Crackers	Oranges & Saltines
WEEK 4	18	19	20	21	22
Breakfast	Cereal, Bananas, & Milk	Hard-Boiled Eggs, Fruit, & Milk	Assorted Muffins & Milk	Yogurt Parfaits & Milk	Blueberry Oatmeal & Milk
AM Snack	Goldfish & Juice	Yogurt & Berries	Pretzels & Sliced Cheese	Carrot Sticks & Hummus	Goldfish & Juice
LUNCH	Italian Pasta Salad with Spinach, Tomatoes, Ham, & Cheese, Fruit, & Milk	Green Chile Pork Stew, Tortillas, Fruit, & Milk	Beef Sausage, Roasted Peppers & Onions, Mashed Potatoes, Fruit, & Milk	Taco Salad with Beef, Beans & Cheese, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk
PM Snack	Olives & Cheese	Oranges & Graham Crackers	String Cheese & Crackers	Pretzels & Apples	Bananas & Vanilla Wafers
WEEK 5	25	26	27	28	29

Covenant Schools of Rio Rancho September 2023 Menu

Breakfast	Cereal, Bananas, & Milk	Pancakes , blueberries, & Milk	Blueberry Muffins & Milk	Bagels w/ Cream Cheese & Milk	Waffles, Fruit, & Milk
AM Snack	Cheese & Crackers	Tortillas & Jelly	Yogurt & Berries	Carrot Sticks & Ranch	Tortillas & Cheese
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Cheesy Broccoli & Rice Soup, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Red Chile Enchiladas, Salad, Fruit, & Milk
PM Snack	Oranges & Saltines	Juice & Graham Crackers	Chocolate Milk & Bananas	Apples & Cheese	Graham Crackers & Yogurt