

# Covenant Schools of Rio Rancho October 2023 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	Cream of Whear, Fruit, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Blueberry Bagels, Cream Cheese, & Milk	Assorted Muffins, Bananas, & Milk
<b>AM Snack</b>	Tortillas & Cheese	Applesauce & Crackers	Carrot Sticks & Ranch	Yogurt & Pretzels	Fresh Veggies & Ranch
<b>LUNCH</b>	Tater Tot Casserole with Mixed Vegetables, Fruit, & Milk	Barbecue Pork Sandwiches, Pickles, Fruit & Milk	Bean & Cheese <b>Tacos</b> , Corn, Tomatoes, & Milk	Meatball Vegetable Soup with Rice, Fruit, & Milk	<b>Spaghetti</b> with Marinara Sauce, Salad, Fruit & Milk
<b>PM Snack</b>	Yogurt & Blueberries	Oranges & Animal Crackers	Cheese & Olives	Cucumbers & Hummus	Oranges & Animal Crackers
<b>WEEK 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	<b>Closed For</b>	Waffles, Fruit, & Milk	Oatmeal, Blueberries, & Milk	Hard Boiled Eggs, Berries, & Milk	Pancakes, Fruit, & Milk
<b>AM Snack</b>	<b>Indigenous</b>	Animal Crackers & Juice	Chips & Salsa	Fresh Berries & Pretzels	Yogurt & Grahams
<b>LUNCH</b>	<b>Peoples'</b>	Tomato Florentine Soup with Spinach, Saltines, Fruit, & Milk	<b>Sausage Mini Pizzas</b> , Pineapples, Salad, & Milk	Red Chile Enchiladas, Salad, Fruit, & Milk	Ham Sandwiches, Pickles, Fruit, & Milk
<b>PM Snack</b>	<b>Day!</b>	Tortillas & Jelly	Pitas & Hummus	Bananas & Vanilla Wafers	Cheese & Pretzels
<b>WEEK 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Hard Boiled Eggs, Fruit, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Cream of Wheat, Fruit, & Milk	<b>Closed</b>
<b>AM Snack</b>	Fresh Fruit & Pretzels	Apple Sauce & Crackers	Yogurt & Animal Crackers	Carrot Sticks & Ranch	<b>For</b>
<b>LUNCH</b>	Hamburgers, Pickles, Chips, Fruit, & Milk	<b>Macaroni</b> & Cheese with Peas, Fruit, & Milk	Posole with Pork, Hominy, & Red Chile, Tortillas & Fruit & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	<b>In-Service</b>
<b>PM Snack</b>	Goldfish & Juice	Oranges & Saltines	Fresh Berries & Pretzels	String Cheese & Apples	<b>Day</b>
<b>WEEK 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Yogurt Parfaits with Blueberries & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Hard-Boiled, Fruit, & Milk	Everything Bagels, Cream Cheese, & Milk
<b>AM Snack</b>	Tortillas & Cheese	Goldfish & Juice	Blueberries & Grahams	Cheese & Crackers	Cucumbers & Ranch
<b>LUNCH</b>	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Zuppa Toscana with Kale, Sausage, Potatoes, & Cream, Saltines, & Milk	Beef & Bean Taco Salad with Tomatoes & Sour Cream, Fruit, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Sloppy Joes, Chips, Pickles, Fruit, & Milk
<b>PM Snack</b>	Fresh Fruit & Pretzels	Olives & Cheese	Carrot Sticks & Ranch	<b>Pumpkin</b> Bread & Milk	Bananas & Vanilla Wafers
<b>WEEK 5</b>	<b>30</b>	<b>31</b>	<b>National Holidays:</b>		
<b>Breakfast</b>	Cereal, Bananas, & Milk	Yogurt Parfaits with Berries & Milk	<b>4<sup>th</sup>: Taco Day</b>		
<b>AM Snack</b>	Yogurt & Blueberries	Goldfish & Juice	<b>6<sup>th</sup>: Noodle Day</b>		
<b>LUNCH</b>	Cheesy Potato Soup with Ham, Fruit, & Milk	Chicken and Vegetable Stir Fry, Rice, Pineapple, & Milk	<b>11<sup>th</sup>: Sausage Pizza Day</b> <b>17<sup>th</sup>: Pasta Day</b>		

**PM Snack**

Hard-Boiled Eggs & Pitas

Tortillas & Jelly

**26<sup>th</sup>: Pumpkin Day**