



Covenant Schools of Rio Rancho- November 2014 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Cream of Wheat, Peaches & Milk	Bagels w/Cream Cheese, Jelly & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Pears & Milk	Waffles, Peaches & Milk
AM Snack	Cantaloupe & Honeydew	Grahams & Juice	Rice Krispie Treats & Milk	Townhouse Crackers & Sliced Oranges	Vanilla Wafers & Yogurt
LUNCH	Beef Barley Soup, Saltines, Pineapple & Milk	Penne Pasta w/Meat Sauce, Salad, Peaches, Garlic Bread & Milk	Chicken and Cheese Tator Tot Casserole, Green Beans, Pears & Milk	Beef-A-Roni, Bread, Fruit Cocktail, Peas & Milk	Chicken Pasta Salad, Potato Chips, Cooked Carrots, Pineapple & Milk
PM Snack	Yogurt & Bananas	Trail Mix & Pears	Goldfish & Applesauce	Jello w/Whip Cream	Sliced Apples & Cheese
WEEK 2	10	11	12	13	14
Breakfast	Cereal, Bananas & Milk	Hot Oatmeal, Pineapple & Milk	Bagels, Jelly & Milk	Pancakes, Bananas & Milk	Cinnamon Toast, Pears & Milk
AM Snack	Cornbread & Milk	Saltines & Sliced Cheese	Pretzels & Sliced Oranges	Jelly Roll-Ups & Sliced Apples	Celery & Cream Cheese
LUNCH	Spaghetti w/Meat Balls, Salad, Bread, Peaches & Milk	Chicken Nuggets, French Fries, Pickles, Pears & Milk	Creamy White Chili Soup, Saltines, Fruit Cocktail & Milk	Turkey, Mashed Potatoes, Corn, Rolls, Brown Gravy, Cranberries & Milk	Hamburger Casserole, Green Beans, Peaches & Milk
PM Snack	Chocolate Chip Cookies & Milk	Vanilla Wafers & Bananas	Cheddar Cheese Squares & Saltines	Mixed Fruit & Townhouse Crackers	Applesauce Cake & Milk
WEEK 3	17	18	19	20	21
Breakfast	Waffles, Peaches & Milk	Cream of Wheat, Pineapple & Milk	Cereal, Bananas & Milk	English Muffins, Peaches & Milk	Scrambled eggs, Toast
AM Snack	Cinnamon Applesauce & Town house Crackers	Goldfish & Cheese Cubes	Jello w/Fruit	String Cheese & Trail Mix	Yogurt & Oats
LUNCH	Taco Salad w/Shredded Lettuce, Tortilla Chips, Pinto Beans, Pineapple & Milk	Beef Stew w/Mixed Veggies, Bread, Pears & Milk	Quesadillas, Pinto Beans, Peaches & Milk	Salisbury steak, Tator Tots, Peas & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk
PM Snack	Vanilla Pudding & Vanilla Wafers	Animal Crackers & Milk	Blueberry Muffins & Milk	Grahams & Sliced Oranges	Bananas & Apples
WEEK 4	24	25	26	27	28
Breakfast	Blueberry Pancakes, Pears & Milk	Cereal, Bananas & Milk	English Muffins w/Jelly, Peaches & Milk	<div style="text-align: center;"> Closed for Thanksgiving Holiday!!  </div>	
AM Snack	Cucumber Ranch & Sliced Oranges	Ambrosia Salad & Saltines	Pumpkin Bread & Milk		
LUNCH	Chicken Noodle Casserole, Mixed Veggies, Pineapple & Milk	Turkey Vegetable Soup, Saltines, Peaches & Milk	Mac & Cheese, Peas, Pears & Milk		
PM Snack	Zucchini Bread & Milk	Oatmeal Cookies & Milk	Applesauce & Saltines		