



Covenant Schools of Rio Rancho–August 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Chicken Waffle Bites, Oranges & Milk	Cinnamon Toast, Oranges & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk
AM Snack	Watermelon & Crackers	Pretzels & Cheese	Graham Crackers & Juice	Tortillas & Cheese	Cucumbers & Ranch
LUNCH	Teriyaki Meatballs, Rice, Broccoli, Pineapple & Milk	Chicken Salad Sandwiches, Peas, Peaches & Milk	Spaghetti w/Meat sauce, Garlic Toast, Pineapple & Milk	Cheesy Potato Soup w/Ham, Peaches, Saltines & Milk	Taco Salad, Pineapple & Milk
PM Snack	Vanilla Wafers & Fruit	<u>Chocolate Chip Cookies</u> & Milk	Rice Krispies & Fruit	Animal Crackers & Milk	Raspberries & Yogurt
WEEK 2	10	11	12	13	14
Breakfast	Cinnamon Toast, Bananas & Milk	Bagels, Jelly, Peaches & Milk	Blueberry Pancakes & Milk	Cereal, Bananas & Milk	Waffles, Mixed Fruit & Milk
AM Snack	Crackers & Cheese	Pretzels & Juice	Strawberry yogurt & Grahams	Ham and Cheese cracker sandwiches	Carrots & Ranch
LUNCH	Chicken Patty Sandwiches, Chips, Pickles, Oranges & Milk	Hamburger Rice Casserole w/Veggies, Pineapple & Milk	Sloppy Joes, Fries, Pickles, Peaches & Milk	Mini Pizzas, Salad, Pineapple & Milk	Chicken Tomato Noodle Soup, Crackers, Peaches & Milk
PM Snack	Marshmallows & Graham Crackers	<u>Raspberry Ice Cream</u>	Goldfish & Fruit	Animal Crackers & Juice	Apples & Wow! Butter
WEEK 3	17	18	19	20	21
Breakfast	Cream of Wheat, Oranges & Milk	Biscuits, Jelly, Bananas & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Sausage Patties, Hash Browns, Pears & Milk
AM Snack	Graham Crackers & Yogurt	Tortillas & Cheese	Goldfish & Juice	Apples & Graham Crackers	Celery & Wow! Butter
LUNCH	Beef-A-Roni, Mixed Veggies, Peaches & Milk	Chicken & Rice Casserole w/Broccoli, Pears & Milk	Beef Stroganoff, Peas, Peaches & Milk	Chicken Noodle Soup w/Veggies, Saltines, Pears & Milk	Penne Pasta w/Meat Sauce, Peaches, Salad & Milk
PM Snack	Cinnamon Roll-Ups & Milk	Jell-O & Fruit	Banana Bread & Milk	Pretzels & <u>Lemonade</u>	Crackers & Cheese
WEEK 4	24	25	26	27	28
Breakfast	<u>Waffles</u> , Bananas & Milk	Ham & Egg Cheese Cups, Oranges & Milk	Cinnamon Toast, Mixed Fruit & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk
AM Snack	Pretzels & Cheese	Celery & Wow! Butter	Trail Mix & Juice	Pretzels & Oranges	Apples & Wow! Butter
LUNCH	Ham and Cheese Sandwiches, Chips, Pickles, Pears & Milk	Frito Pie, Corn, Pineapple & Milk	Cheesy Chicken & Broccoli Soup, Crackers, Oranges & Milk	Chef Salad w/Turkey, Garlic Toast, Pears & Milk	BBQ Pulled Pork Sandwiches, Baked Beans, Peaches & Milk
PM Snack	Vanilla Pudding & Vanilla Wafers	<u>Bananas</u> & Ice Cream	Jell-O & Fruit	Ambrosia Salad & Crackers	Cucumbers & Ranch
WEEK 5	31	** The <u>underlined words</u> are in celebration of the following National Holidays: 4- Chocolate Chip Day! 31- Trail Mix Day! 11- Raspberry Bombe Day! 20- Lemonade Day! 24- Waffle Day! 25- Banana Split Day!			
Breakfast	Blueberry Oatmeal & Milk				
AM Snack	<u>Trail Mix</u> & Juice				
LUNCH	Cheesy Chicken Scalloped Potatoes, Peas, Peaches & Milk				
PM Snack	Cinnamon Apples & Animal Crackers				