



Covenant Schools of Rio Rancho- October 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		The underlined items are in celebration of the following national holidays: **6th National Noodle Day! **12th National Gumbo Day! **14th National Dessert Day! **28th National Chocolate Day! **29th National Oatmeal Day!		1	2
Breakfast				Cereal, Bananas & Milk	Blueberry Oatmeal & Milk
AM Snack				Goldfish & Juice	Celery & Wow! Butter
LUNCH				Turkey and Cheese Sandwiches, Pretzels, Peaches & Milk	Chicken & Rice Casserole w/Broccoli, Peaches & Milk
PM Snack				**<u>Chocolate Chip Cookies</u> & Milk	Ambrosia Salad w/Crackers
WEEK 2	5	6	7	8	9
Breakfast	Biscuits & Gravy, Peaches & Milk	Cream of Wheat, Pears & Milk	Bagels, Jelly, Pineapple & Milk	Cereal, Bananas & Milk	CLOSED FOR FALL BREAK!!
AM Snack	Celery & Wow! Butter	Animal Crackers & Milk	Trail Mix & Juice	Pretzels & Cheese	
LUNCH	Penne Pasta Bake, Salad, Peaches & Milk	**<u>Spaghetti w/Meat Sauce</u>, Salad, Garlic Toast, Oranges & Milk	Quesadillas, Baked Beans, Mixed Fruit & Milk	Tomato Noodle Soup w/Chicken, Crackers, Oranges & Milk	
PM Snack	Vanilla Wafers & Pudding	Banana Bread & Juice	Yogurt & Orange Slices	Fruit & Graham Crackers	
WEEK 3	12	13	14	15	16
Breakfast	English Muffins, Jelly & Milk	Strawberry Oatmeal & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	French Toast, Oranges & Milk
AM Snack	Animal Crackers & Yogurt	Crackers & Cheese	Yogurt & Blueberries	Apples & Juice	Carrots & Ranch
LUNCH	**<u>Gumbo</u>, Rice, Peaches & Milk	Beef Stroganoff, Peas, Oranges & Milk	Ham & Cheese Sandwiches, Mixed Veggies, Pears & Milk	Chicken Noodle Soup w/Veggies, Crackers, Peaches & Milk	Salisbury Steak, Mashed Potatoes, Mixed Veggies, Oranges & Milk
PM Snack	Mixed Fruit & Pretzels	Rice Krispie Treats & Juice	**<u>Applesauce cake</u> & Milk	Pretzels & Oranges	Jello w/Fruit
WEEK 4	19	20	21	22	23
Breakfast	Cinnamon Toast, Bananas & Milk	Cream of Wheat, Mixed Fruit & Milk	Biscuits, Jelly & Milk	Cereal, Bananas & Milk	Blueberry Pancakes & Milk
AM Snack	Animal Crackers & Milk	Ham & Cheese Cracker Sandwiches	Trail Mix & Juice	Tortillas & Cheese	Cucumbers & Ranch
LUNCH	Mini Pizzas, Salad, Peaches & Milk	Chicken Enchiladas, Green Beans, Pineapple & Milk	Sloppy Joes, Chips, Pickles, Pears & Milk	Chicken Alfredo, Salad, Pineapple & Milk	Chicken Nuggets, Mixed Veggies, Peaches & Milk
PM Snack	Cornbread & Jelly	Banana Bread & Milk	Jello w.Fruit	Bananas & Graham Crackers	Ice Cream Cups & Animal Crackers
WEEK 5	26	27	28	29	30
Breakfast	Ham & Cheese Egg Cups, Bananas & Milk	Bagels, Cream Cheese, Jelly & Milk	Waffles, Oranges & Milk	**<u>Oatmeal</u>, Bananas & Milk	Closed for Inservice!
AM Snack	Crackers & Cheese	Goldfish & Juice	Mini Wow! Butter & Jelly Sandwiches	Oranges & Animal Crackers	
LUNCH	Bean & Cheese Burritos, Corn, Pineapple & Milk	Hamburger Vegetable Soup, Crackers, Peaches & Milk	Tator Tot Casserole w/Ground Beef, Veggies, Pineapple & Milk	Chef Salad w/Ham & Croutons, Bread, Pears & Milk	
PM Snack	Yogurt & Blueberries	Ambrosia Salad & Crackers	**<u>Brownies</u> & Milk	Apples & Wow! Butter	