



Covenant Schools of Rio Rancho–August 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Bagels w/Jelly & Milk	Cinnamon Toast, Bananas & Milk	Biscuits w/Jelly & Milk
AM Snack	Animal Crackers & Juice	Oranges & Pretzels	Celery w/Wow! Butter	Yogurt & Graham Crackers	Bananas & Wow! Butter
LUNCH	Mac-N-Cheese w/Peas, Oranges & Milk	Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Frito Pie, Corn, Pineapple & Milk	Taco Salad, Pineapple & Milk	Cheesy Broccoli Soup, Peaches & Milk
PM Snack	Rice Krispies & Milk	Carrots & Ranch	**Watermelon & Saltines	**Chocolate Chip Cookies & Milk	Apples & Wow! Butter
WEEK 2	8	9	10	11	12
Breakfast	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	French Toast Sticks, Oranges & Milk	Breakfast Casserole, Oranges & Milk	Pancakes, Blueberries & Milk
AM Snack	Goldfish & Juice	Tortillas & Cheese	Cucumbers & Saltines	Yogurt & Animal Crackers	Goldfish & Juice
LUNCH	Fish Sticks, Mixed Veggies, Peaches & Milk	Sloppy Joes, Pickles, French Fries, Oranges & Milk	Green Chile Chicken Enchiladas, Salad, Peaches & Milk	Green Chile Beef Stew, Tortillas, Pineapple & Milk	Chicken Tomato & Rice Soup, Saltines, Peaches & Milk
PM Snack	Sliced Apples & Cheese	Carrot Sticks & Ranch	Oranges & Pretzels	Bananas & Animal Crackers	Sliced Apples & Graham Crackers
WEEK 3	15	16	17	18	19
Breakfast	English Muffins w/Jelly & Milk	Cereal, Bananas & Milk	Biscuits & Gravy, Oranges & Milk	Cream of Wheat, Oranges & Milk	Waffles, Bananas & Milk
AM Snack	Pretzels & Cheese	Animal Crackers & Juice	Celery w/Wow! Butter	Ham & Cheese Cracker Sandwiches	Goldfish & Juice
LUNCH	Teriyaki Chicken, Broccoli, Rice, Pineapple & Milk	Spaghetti w/Meat Sauce, Salad, Peaches & Milk	Bean & Cheese Burritos, Corn, Pineapple & Milk	Chicken & Rice Casserole w/Green Beans, Oranges & Milk	Hamburgers, Pickles, Chips, Peaches & Milk
PM Snack	Crackers & Cheese	Graham Crackers & Marshmallows	Cucumbers & Ranch	Trail Mix & Juice	Animal Crackers & Marshmallows
WEEK 4	22	23	24	25	26
Breakfast	Breakfast Casserole, Peaches & Milk	Cereal, Bananas, & Milk	**Waffles , Blueberries & Milk	Blueberry Oatmeal & Milk	French Toast Sticks, Bananas & Milk
AM Snack	Pretzels & Juice	Cheese & Crackers	Celery w/Wow! Butter	Yogurt & Blueberries	Goldfish & Juice
LUNCH	Salisbury Steak, Mashed Potatoes, Gravy, Green Beans, Peaches & Milk	Hamburger Vegetable Noodle Soup, Pineapple, Saltines & Milk	Cheesy Potato Soup, Saltines, Peaches & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Oranges & Milk	Tater Tot Casserole w/Veggies, Peaches & Milk
PM Snack	Sliced Apples & Cheese	Cucumbers & Saltines	Bananas & Vanilla Wafers	Oranges & Pretzels	Jell-o w/Fruit
WEEK 5	29	30	31	The Following Days are National Holidays August 3- Watermelon Day August 4- Chocolate Chip Cookie Day August 24- Waffle Day August 31- Trail Mix Day	
Breakfast	Bagels w/Jelly & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk		
AM Snack	Yogurt & Peaches	Oranges & Pretzels	Cucumbers & Ranch		
LUNCH	Penne Pasta Bake, Pears, Salad, & Milk	Chicken Nuggets, Mashed Potatoes, Peaches & Milk	Cheesy Chicken Broccoli & Rice Soup, Pears & Milk		
PM Snack	Oranges & Animal Crackers	Carrot Sticks & Saltines	**Trail Mix & Juice		