



# Covenant Schools of Rio Rancho December 2017 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					1
Breakfast	<b>National Holidays:</b> 1: Eat a Red Apple Day 4: Cookie Day 8: Brownie Day				Strawberry Oatmeal & Milk
AM Snack					Bananas & Grahams
LUNCH					Macaroni & Cheese, Pineapples, Peas, & Milk
PM Snack					Sliced Apples & Cheese
WEEK 2	4	5	6	7	8
Breakfast	Cream Of Wheat, Mango, & Milk	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Oranges, & Milk	Bagels, Cream Cheese, Apricots, & Milk
AM Snack	Animal Crackers & Juice	Bananas & Grahams	String Cheese & Crackers	Yogurt & Vanilla Wafers	Tortillas & Cheese
LUNCH	Green Chile Beef Stew, Tortillas, Peaches, & Milk	Chicken Fajitas with Veggies, Apricots, & Milk	Hamburger Vegetable Soup with Rice, Oranges, & Milk	Turkey & Cheese Sandwiches, Pickles, Peaches, & Milk	Chicken Noodle Soup with Veggies, Pineapples, & Milk
PM Snack	Cookies & Milk	Jell-O & Fruit	Sliced Apples & Wow! Butter	Carrots & Saltines	Brownies & Milk
WEEK 3	11	12	13	14	15
Breakfast	Pancakes, Bananas, & Milk	Cinnamon Toast, Oranges, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Oranges, & Milk	Strawberry Oatmeal & Milk
AM Snack	Vanilla Wafers & Milk	Goldfish & Juice	Applesauce & Animal Crackers	Yogurt & Blueberries	Pretzels & Fruit
LUNCH	Hamburgers, Chips, Pickles, Mango, & Milk	Teriyaki Chicken, Rice, Broccoli, Pineapple, & Milk	Cheesy Broccoli Soup with Chicken & Rice, Oranges, & Milk	Tomato Soup with Chicken & Rice, Peaches, & Milk	Hamburger Tater Tot Casserole with Veggies, Apricots, & Milk
PM Snack	Crackers & Fruit	Jell-O & Fruit	Cucumbers & Saltines	Sliced Apples & Grahams	Bananas & Pudding
WEEK 4	18	19	20	21	22
Breakfast	Blueberry Muffins & Milk	Biscuits with Gravy, Peaches & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Breakfast Casserole, Apricots, & Milk
AM Snack	Animal Crackers & Juice	Cheese Cubes & Saltines	Mangos & Pretzels	Yogurt & Graham Crackers	Carrots & Ranch
LUNCH	Ham & Cheese Sandwiches, Pickles, Chips, Peaches, & Milk	Chicken & Rice Casserole with Green Beans, Pineapples, & Milk	Spaghetti with Meat Sauce, Salad, Garlic Bread, Peaches, & Milk	Tomato Florentine Soup, Crackers, Mango, & Milk	Pepperoni Pizza, Salad, Pineapple, & Milk
PM Snack	Chocolate Pudding & Graham Crackers	Oranges & Pretzels	Cinnamon Apples & Saltines	Celery & Wow! Butter	Bananas & Animal Crackers
WEEK 5	25	26	27	28	29
Breakfast	Closed	Closed	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Waffles, Sliced Apples, & Milk
AM Snack	For	For	Tortillas & Cheese	Goldfish & Juice	Strawberry Yogurt & Animal Crackers
LUNCH	Christmas!		Green Chile Chicken Stew, Tortillas, Pineapple, & Milk	Chicken Nuggets, Mashed Potatoes, Peaches, & Milk	Beef & Barley Stew with Veggies, Bread, Pineapple, & Milk
PM Snack			Pretzels & Marshmallows	Carrots & Saltines	Bananas & Grahams