



Covenant Schools of Rio Rancho September 2019 Menu

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WEEK 1					
Breakfast		Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Biscuits w/Jelly & Milk
AM Snack		Apple Juice & Pretzels	Oranges & Saltines	Yogurt & Animal Crackers	Cucumbers & Ranch
LUNCH		Macaroni & Cheese with Peas, Oranges & Milk	Bean & Cheese Burritos, Corn, Peaches, & Milk	*Mini Cheese Pizzas, Salad, Pineapple, & Milk	Chicken Noodle Soup with Vegetables, Peaches, & Milk
PM Snack		Jell-O with Fruit	Iced Fruit Sidekick & Grahams	Carrot Sticks & Saltines	Marshmallows & Grahams
WEEK 2	9	10	11	12	13
Breakfast	Breakfast Casserole, Bananas, & Milk	Cinnamon Toast, Oranges, & Milk	Cereal, Bananas, & Milk	Waffles, Blueberries, & Milk	Bagels, Jelly, & Milk
AM Snack	Goldfish & Apple Juice	Cheese & Tortillas	Apple Juice & Pretzels	Carrot Sticks & Saltines	Strawberry Yogurt & Blueberries
LUNCH	Penne Pasta with Marinara Sauce, Carrot Sticks, Pineapple, & Milk	Hearty Meatball Soup w/Veggies & Rice, Peas, & Milk	Andouille Sausage with Roasted Peppers, Potatoes, Oranges, & Milk	Creamy Turkey Soup w/ Veggies & Rice, Peas, & Milk	Teriyaki Chicken, Rice, & Broccoli, Pineapple, & Milk
PM Snack	Oranges & Animal Crackers	Jell-O with Fruit	Celery & Wow! Butter	Fresh Fruit & Crackers	Cucumbers & Ranch
WEEK 3	16	17	18	19	20
Breakfast	Blueberry Oatmeal & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	French Toast Sticks, Bananas, & Milk
AM Snack	Cheese Cubes & Pretzels	Orange Juice & Crackers	Oranges & Pretzels	Cucumbers & Ranch	Carrot Sticks & Saltines
LUNCH	BBQ Pulled Pork Sandwiches w/ Kale Slaw, Kettle Chips, Pineapple, & Milk	Tomato Noodle Soup, Saltines, Peaches, & Milk	*Cheeseburgers, Pickles, Peas, & Milk	Cheesy Potato Soup w/ Ham, Saltines, Peas, & Milk	*Mini Pepperoni Pizzas, Salad, Pineapple, & Milk
PM Snack	Rice Krispy Treats & Milk	Jell-O with Fruit	Applesauce & Grahams	Apples & Animal Crackers	Bananas & Vanilla Wafers
WEEK 4	23	24	25	26	27
Breakfast	Cereal, Bananas, & Milk	Waffles, Apples, & Milk	Cream of Wheat, Oranges, & Milk	*Pancakes, Blueberries, & Milk	Cinnamon Toast, Bananas, & Milk
AM Snack	Apple Juice & Goldfish	Sliced Cheese & Saltines	Sliced Apples & String Cheese	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Creamy White Chili Soup, Tortillas, Pineapple, & Milk	Chicken Nuggets, Mashed Potatoes, Mandarin Oranges, & Milk	Green Chile Chicken Soup, Tortillas, Pineapple, & Milk	Chili Cheese Tater Tot Casserole with Mixed Vegetables, Peaches, & Milk	Zuppa Toscana (Sausage, Potatoes, Kale, & Cream), Saltines, Pineapple, & Milk
PM Snack	Marshmallows & Grahams	Jell-O with Fruit	Sidekicks & Grahams	Cucumbers & Saltines	Ice Cream Cups & Bananas
WEEK 5	30	Special Days			
Breakfast	Blueberry Muffins & Milk	5 th : Cheese Pizza Day			
AM Snack	Applesauce & Pretzels	18 th : Cheeseburger Day			
LUNCH	Beef & Bean Soft Tacos w/ Lettuce, Tomato, & Cheese, Pineapple, & Milk	20 th : Pepperoni Day			
PM Snack	Orange Juice & Cheeze-Its	26 th : Pancake Day			