



Covenant Schools of Rio Rancho January 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast	National Holidays:		Closed	Blueberry Muffins & Milk	Egg Cups, Bananas, & Milk
AM Snack	6th: Bean Day		For	Strawberry Yogurt & Grahams	Carrot Sticks & Ranch
LUNCH	9th: Apricot Day 28th: Blueberry Pancake Day		New Year's	Creamy Potato Soup w/ Carrots, Saltines, Peaches, & Milk	Turkey & Cheese Sandwiches, Chips, Pickles, Pineapple, & Milk
PM Snack	29th: Corn Chip Day		Day	Pretzels & Apples	Bananas & Animal Crackers
WEEK 2	6	7	8	9	10
Breakfast	Cinnamon Toast, Fruit, & Milk	Pancakes, Blueberries, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	French Toast Sticks, Bananas, & Milk
AM Snack	Goldfish & Juice	Tortillas & Cheese	Oranges & Pretzels	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Bean Burritos , Corn, Pineapple, & Milk	Chicken Noodle Soup w/ Veggies, Crackers, Peaches, & Milk	Broccoli, Cheddar, & Potato Soup, Pineapple, & Milk	Penne in Marinara, Salad, Peaches, & Milk	Beef & Barley Stew w/ Mixed Veggies, Pineapple, & Milk
PM Snack	Pudding & Vanilla Wafers	Jell-O with Fruit	Pumpkin Bread & Whipped Cream	Apricots & Saltines	Cookies & Milk
WEEK 3	13	14	15	16	17
Breakfast	Biscuits, Jelly, & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Strawberry Oatmeal & Milk
AM Snack	Applesauce & Grahams	Cheese & Pretzels	Apples & Animal Crackers	Yogurt & Pretzels	Carrot Sticks & Ranch
LUNCH	Green Chile Chicken Soup, Tortillas, Pineapple, & Milk	Taco Soup, Tortilla Chips, Peaches, & Milk	Sloppy Joes, Pickles, Chips, Mixed Fruit, & Milk	Chicken, Veggie, & Potato Stew, Pineapple, & Milk	Taco Lasagna w/ Corn, Peaches, & Milk
PM Snack	Bananas & Animal Crackers	Jell-O & Fruit	Pudding & Grahams	Cucumbers & Saltines	Apples & Grahams
WEEK 4	20	21	22	23	24
Breakfast	Closed	Cinnamon Apple Oatmeal & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Cheerios, Yogurt, Blueberries, & Milk
AM Snack	For	Ham & Townhouse Crackers	Cheese & Pretzels	Carrot Sticks & Ranch	Cheese & Pretzels
LUNCH	Martin Luther King, Jr.	Cheesy Potato Soup w/ Ham, Saltines, Pineapple, & Milk	Pasta e Fagioli (Sausage, White Beans, Pasta, Veggies in Chicken Broth), Pineapple, & Milk	Ham & Cheese Sandwiches, Chips, Pickles, Peaches, & Milk	Zuppa Toscana (Sausage, Kale, Cream, Chicken Broth, & Potatoes), Pineapple, & Milk
PM Snack	Day	Jell-O & Fruit	Cheese Cubes & Crackers	Cucumbers & Saltines	Celery & Wow! Butter
WEEK 5	27	28	29	30	31
PM Snack	Applesauce & Grahams	Jell-O & Fruit	Banana Bread & Milk	Celery & Wow! Butter	Bananas & Animal Crackers
Breakfast	Breakfast Casserole, Bananas, & Milk	Blueberry Pancakes & Milk	Cereal, Bananas, & Milk	Cinnamon Toast, Fruit, & Milk	Blueberry Muffins & Milk
AM Snack	Goldfish & Juice	Pretzels & Cheese	Oranges & Pretzels	Yogurt & Blueberries	Carrot Sticks & Ranch