



## Covenant Schools of Rio Rancho- October 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>		6 <sup>th</sup> - Noodle Day		1	2
<b>Breakfast</b>		14 <sup>th</sup> - Dessert Day		Bagels, Jelly, & Milk	Cream of Wheat, Fruit, & Milk
<b>AM Snack</b>		28 <sup>th</sup> - Chocolate Day		Carrot Stick & Ranch	Yogurt & Pretzels
<b>LUNCH</b>		29 <sup>th</sup> - Oatmeal Day		Meatball Sandwiches, Salad, Fruit, & Milk	Penne Pasta in Alfredo, Salad, Fruit, & Milk
<b>PM Snack</b>		30 <sup>th</sup> - Breadstick Day		Celery & Wow! Butter	Bananas & Vanilla Wafers
<b>WEEK 2</b>	5	6	7	8	9
<b>Breakfast</b>	Egg Cups, Fruit, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal & Milk	<b>Closed for Fall Break</b>
<b>AM Snack</b>	Juice & Goldfish	Pretzels & Wow! Butter	Tortillas & Cheese	Yogurt & Grahams	
<b>LUNCH</b>	Bean & Cheese Burritos, Fruit, & Milk	* <b>Macaroni</b> & Cheese w/ Peas, Fruit, & Milk	Cheesy Potato and Broccoli Soup, Saltines, Fruit, & Milk	Ham & Cheese Sandwiches, Chips, Fruit, & Milk	
<b>PM Snack</b>	Jell-O w/ Fruit	Oranges & Animal Crackers	Fresh Fruit & Pretzels	Grahams & Marshmallows	
<b>WEEK 3</b>	12	13	14	15	16
<b>Breakfast</b>	Bagels, Jelly, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Cinnamon Toast, Fruit, & Milk
<b>AM Snack</b>	Cheese & Crackers	Goldfish & Oranges	Apples & Pretzels	Cucumbers & Ranch	Yogurt & Animal Crackers
<b>LUNCH</b>	Mini Pizzas, Carrot Sticks, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Red Beans & Rice w/ Sliced Sausage, Fruit, & Milk	Creamy Potato Soup w/ Kale & Sausage, Saltines, Fruit, & Milk	Tater Tot Casserole w/ Mixed Veggies, Fruit, & Milk
<b>PM Snack</b>	Pudding & Grahams	Jell-O with Fruit	* <b>Ice Cream Sandwiches</b> & Bananas	Carrot Sticks & Grahams	Vanilla Wafers & Bananas
<b>21</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Breakfast</b>	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Pancakes, Fruit, & Milk	<b>Closed For In-Service Day</b>
<b>AM Snack</b>	Juice & Goldfish	Oranges & Animal Crackers	Lunch Meat & Crackers	Yogurt & Animal Crackers	
<b>LUNCH</b>	Teriyaki Chicken, Rice, Broccoli, Pineapple, & Milk	Bean & Cheese Tacos w/ Sour Cream, Fruit, & Milk	Pork Posole, Tortillas, Fruit, & Milk	Chicken Noodle Soup w/ Mixed Veggies, Saltines, Fruit, & Milk	
<b>PM Snack</b>	Jell-O with Fruit	Pretzels & Wow! Butter	Oreos & Milk	Bananas & Grahams	
<b>WEEK 5</b>	26	27	28	29	30
<b>Breakfast</b>	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Blueberry * <b>Oatmeal</b> & Milk	Egg Cups, Fruit, & Milk
<b>AM Snack</b>	Strawberry Yogurt & Grahams	Orange Juice & Goldfish	Applesauce & Grahams	Yogurt & Blueberries	Yogurt & Animal Crackers
<b>LUNCH</b>	Mixed Bean Soup, Tortillas, Fruit, & Milk	Hamburger Vegetable Soup, Saltines, Fruit, & Milk	Green Chile Beef Stew, Tortillas, Fruit, & Milk	Chicken Nuggets, Salad, Fruit, & Milk	Spaghetti in Marinara, Salad, * <b>Breadsticks</b> , & Milk
<b>PM Snack</b>	Animal Crackers & Pudding	Jell-O & Fruit	* <b>Brownies</b> & Milk	Fresh Fruit & Pretzels	Marshmallows & Grahams