

Covenant Schools of Rio Rancho January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					1
Breakfast	National Holidays:		FOR I KNOW THE PLANS I HAVE FOR YOU, PLANS TO		Closed
AM Snack	*4 [*] : Spaghetti Day		prosper you and		For
LUNCH	*15 Bagel Day *20: Cheese Lover's Day		Plans to give you hope and a putting .		New Year's
PM Snack	*28: Blueberry Pancake Day				Day
WEEK 2	4	5	6	7	8
Breakfast	Biscuits, Jelly, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	French Toast Sticks, Fruit & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Oranges & Pretzels	Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	* <u>Spaghetti</u> * in Marinara, Bread, Fruit & Milk	Tuna Salad Sandwiches, Chips, Fruit & Milk	Chicken Noodle Soup w/ Mixed Veggies, Saltines, Fruit & Milk	White Bean Soup, Tortillas, Fruit & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk
PM Snack	Bananas & Vanilla Wafers	Jell-O w/ Fruit	Applesauce & Graham Crackers	Cucumbers & Saltines	Marshmallows & Graham Crackers
WEEK 3	11	12	13	14	15
Breakfast	Waffles, Fruit & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Cream of Wheat, Fruit & Milk	<u>*Bagels*,</u> Cream Cheese, Jelly & Milk
AM Snack	Goldfish & Juice	Fresh Berries & Animal Crackers	Tortillas & Cheese	Oranges & Pretzels	Celery Sticks & Ranch
LUNCH	Green Chile Chicken Soup, Tortillas, Fruit & Milk	Red Chile Beef Enchiladas, Fruit & Milk	Tomato Noodle Soup, Saltines, Fruit & Milk	Catfish Nuggets, Rice w/ Veggies, Fruit & Milk	Cajun Sausage & Red Bean Soup, Saltines, Fruit & Milk
PM Snack	Pudding & Pretzels	Bananas & Graham Crackers	Carrot Sticks & Crackers	Fresh Fruit & Animal Crackers	Yogurt & Graham Crackers
WEEK 4	18	19	20	21	22
Breakfast	Closed	French Toast Sticks, Fruit & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Fruit & Milk	Egg Cups, Fruit & Milk
AM Snack	For	Goldfish & Juice	Oranges & Pretzels	Yogurt & Blueberries	Cucumbers & Crackers
LUNCH	Martin Luther King, Jr.	Zuppa Toscana (Sausage, Kale, Potatoes & Cream), Fruit & Milk	<u>*Mac N' Cheese*</u> w/ Peas, Fruit & Milk	Bean & Cheese Tacos, Corn, Fruit & Milk	Ham & Cheese Sandwiches, Carrot Sticks, Pickles, Fruit & Milk
PM Snack	Day	Jell-O w/ Fruit	Fresh Fruit & Animal Crackers	Celery & Ranch	Breadsticks & Marinara
WEEK 5	25	26	27	28	29
Breakfast	Blueberry Muffins & Milk	Cereal, Bananas & Milk	Bagels, Jelly, Cream Cheese & Milk	*Blueberry Pancakes* & Milk	Waffles, Fruit & Milk
AM Snack	Goldfish & Juice	Cheese & Crackers	Pretzels & Oranges	Ham & Crackers	Yogurt & Animal Crackers
LUNCH	Hamburgers, Chips, Pickles, Fruit & Milk	Gnocchi w/ Tomato Sauce & Fresh Basil, Fruit & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Fruit & Milk	Penne Pasta Bake, Salad, Fruit & Milk	Mini Pizzas, Salad, Fruit & Milk
PM Snack	Pudding & Pretzels	Fresh Fruit & Animal Crackers	Oreo's & Milk	Bananas & Graham Crackers	Pretzels & Fruit