



Covenant Schools of Rio Rancho December 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays:				
Breakfast	1st: Red Apple Day			1 Pancakes, Blueberries, & Milk	2 Cream of Wheat, Bananas, & Milk
AM Snack	8th: Brownie Day			Applesauce & Saltines	Carrot Sticks & Ranch
LUNCH	19th: Oatmeal Muffin Day			Broccoli & Cheese Soup with Rice, Saltines, & Milk	Shredded Beef Tacos, Potatoes, Corn, & Milk
PM Snack	30th: Bacon Day			Red Apples & Pretzels	Olives & Cheese
WEEK 2	5	6	7	8	9
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Bagels, Jelly, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Cheese & Crackers	Oranges & Pretzels	Juice & Goldfish	Yogurt & Animal Crackers	Celery & Ranch
LUNCH	Red Chili Enchiladas, Refried Beans, Corn, & Milk	Tater Tot Casserole with Cheese & Mixed Vegetables, Fruit & Milk	Mini Pizzas with Pepperoni, Salad, & Milk	Chef Salad with Ham, Cheese, & Croutons, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, & Milk
PM Snack	Oranges & Animal Crackers	Fruit & Graham Crackers	Cucumbers & Hummus	Brownies & Milk	String Cheese & Pretzels
WEEK 3	12	13	14	15	16
Breakfast	Assorted Muffins, Fruit, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	Egg Cups with Sausage & Sweet Peppers, Fruit & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Celery & Ranch	Ham & Crackers	String Cheese & Saltines	Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Macaroni & Cheese with Peas, Fruit, & Milk	Mixed Bean Soup with Chili Beans & Pinto Beans, Vegetables, & Milk	Tuna Noodle Casserole with Peas, Fruit, & Milk	Barley Vegetable Soup, Saltines, & Milk	Teriyaki Chicken with Rice, Broccoli, Fruit, & Milk
PM Snack	Jell-O with Fruit	Bananas & Vanilla Pudding	Oranges & Animal Crackers	Granola Bars	Bananas & Animal Crackers
WEEK 4	19	20	21	22	23
Breakfast	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Hardboiled Eggs, Fruit, & Milk	Blueberry Muffins & Milk	Closed
AM Snack	Vegetables & Hummus	Apples & Cheese	Goldfish & Juice	Bananas & Graham Crackers	For
Lunch	Turkey Sandwiches, Fruit, Pickles, & Milk	Posole with Beef, Hominy, & Red Chili, Tortillas, & Milk	Chicken Soup with Ginger & Rice Noodles, Egg Rolls & Milk	Hamburgers, Chips, Pickles, & Milk	Christmas!
PM Snack	Oatmeal Muffins	Pitas & Hummus	String Cheese & Pretzels	Holiday Cookies & Milk	
WEEK 5	26	27	28	29	30
Breakfast	Closed	Hardboiled Eggs, Fruits, & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk
AM Snack	For	Apples & Graham Crackers	Tortillas & Jelly	Chips & Salsa	Carrot Sticks & Ranch
LUNCH	Christmas!	Green Chile Hamburger Stew, Tortillas, Fruit, & Milk	Meatballs & Gravy, Peas, Mashed Potatoes, & Milk	Sloppy Joes, Pickles, Fruit, & Milk	Cheesy Potato Soup with Bacon , Peas, Fruit, & Milk
PM Snack		Vegetables & Hummus	Banana Bread	Bananas & Animal Crackers	Fruit & Crackers