



Covenant Schools of Rio Rancho August 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Everything Bagels, Cream Cheese, Jelly, & Milk	Egg Cups, Fruit, & Milk
AM Snack		Tortillas & Cheese	Olives & Pretzels	Carrot Sticks & Ranch	Yogurt & Berries
LUNCH		Red Beans & Rice with Sausage, & Peas, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Taco Salad w/ Beef & Beans, Fruit, & Milk	Quesadillas, Baked Beans, Salad, & Milk
PM Snack		Frozen Yogurt	Oranges & Graham Crackers	Watermelon & Animal Crackers	Crackers & Cheese
WEEK 2	7	8	9	10	11
Breakfast	Assorted Fruit Muffins & Milk	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Bagels, Cream Cheese, & Milk	Yogurt Parfaits with Cheerios & Fruit & Milk
AM Snack	Applesauce & Graham Crackers	Tortillas & Jelly	Cheese & Crackers	Strawberry Yogurt	Hummus & Pita Bread
LUNCH	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Meatballs w/ Brown Gravy, Rice, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Chef Salad w/ Ham, Cheese, Croutons, & Hard Boiled Eggs, Fruit, & Milk
PM Snack	Olives & Cheese	Bananas & Vanilla Wafers	Oranges & Pretzels	Cucumbers & Ranch	Apples & Graham Crackers
WEEK 3	14	15	16	17	18
Breakfast	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Hard Boiled Eggs, Pitas, & Milk	Assorted Muffins & Milk
AM Snack	Hard Boiled Eggs & Pita Bread	Juice & Goldfish	Cheese & Crackers	Cucumbers & Hummus	Cheese & Crackers
LUNCH	Sloppy Joes, Chips, Pickles, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk	Salami Sandwiches, Pickles, Carrot Sticks, Fruit & Milk	Tater-Tot Casserole w/ Beef & Mixed Veggies, Fruit, & Milk	Chicken Fajitas with Vegetables , Fruit, & Milk
PM Snack	String Cheese & Crackers	Berries & Animal Crackers	Oranges & Graham Crackers	Lunchmeat & Crackers	Bananas & Vanilla Wafers
WEEK 4	21	22	23	24	25
Breakfast	Cereal, Bananas, & Milk	Hard Boiled Eggs, Salsa, & Milk	Blueberry Muffins & Milk	Waffles , Blueberries, & Milk	French Toast Sticks, Fruit, & Milk
AM Snack	Goldfish & Juice	Olives & Pita	Cheese & Pretzels	Carrot Sticks & Ranch	Yogurt & Blueberries
LUNCH	Red Chile & Cheese Enchiladas, Salad, Fruit, & Milk	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Chicken Noodle Soup, Saltines, Fruit, & Milk	Beef-A-Roni, Salad, Fruit, & Milk	Chicken Alfredo, Salad, Fruit, & Milk
PM Snack	Apples & Graham Crackers	Frozen Yogurt	Jelly & Tortillas	Bananas & Animal Crackers	Oranges & Pretzels
WEEK 5	28	29	30	31	National Holidays: 3rd: Watermelon Day 18th: Fajita Day 24th: Waffle Day 31st: Trail Mix Day
Breakfast	Cream of Wheat, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Pancakes, Fruit, & Milk	
AM Snack	Applesauce & Graham Crackers	Juice & Goldfish	Berries & Graham Crackers	Cheese & Tortillas	
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Bean & Cheese Tacos, Corn, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Italian Pasta Salad w/ Ham, Spinach, Tomatoes, & Cheese, Fruit, & Milk	
PM Snack	String Cheese & Fruit	Lunchmeat & Crackers	Bananas & Vanilla Wafers	Trail Mix	