



Covenant Schools of Rio Rancho March 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Oatmeal, Peaches, & Milk	Waffles, Pears, & Milk	Blueberry Pancakes & Milk	Cereal, Bananas, & Milk	Ham and Cheese Egg Cups, Pineapples, & Milk
AM Snack	Celery & Wow! Butter	Sliced Oranges & Juice	Cheese & Sliced Apples	Trail Mix & Juice	Bananas & Graham Crackers
LUNCH	Shepherd's Pie with Vegetables, Pears, & Milk	Turkey Sandwiches , Pickles, Peaches, & Milk	Frito Pie with Chili Beans, Corn, Peaches, & Milk	Cheesy Chicken Scalloped Potatoes with Vegetables, Mandarin Oranges, & Milk	Cheesy Potato Soup, Peas, Pears, & Milk
PM Snack	Banana Pudding & Vanilla Wafers	Rice Krispy Treats & Juice	Strawberry Yogurt & Grahams	Cheese & Crackers	Oreo Pudding & Fruit
WEEK 2	9	10	11	12	13
Breakfast	Cream of Wheat, Sliced Oranges, & Milk	Cinnamon Toast, Peaches, & Milk	Waffles , Sliced Apples, & Milk	Cereal, Bananas, & Milk	Bagels with Jelly & Milk
AM Snack	Pretzels & Juice	Celery & Ranch	Animal Crackers & Juice	Goldfish & Juice	Applesauce & Crackers
LUNCH	Meatballs & Gravy, Mashed Potatoes, Pears, & Milk	Chicken Enchiladas, Pinto Beans, Pears, & Milk	Hamburgers, Pickles, Corn, Pears, & Milk	Chicken Noodle Soup with Vegetables, Crackers, Pears, & Milk	Bean & Cheese Burritos, Corn, Pineapples, & Milk
PM Snack	Strawberry Yogurt & Grahams	Blueberry Crisp & Milk	Banana Bread & Milk	Jell-O & Fruit	Blueberry Muffins & Milk
WEEK 3	16	17	18	19	20
Breakfast	English Muffins with Jelly & Milk	Oatmeal, Peaches, & Milk	Cream of Wheat, Mixed Fruit, & Milk	Cereal, Bananas, & Milk	Pancakes, Pineapples, & Milk
AM Snack	Cucumbers & Ranch	Sliced Oranges & Crackers	Cheese & Crackers	Pretzels & Applesauce	Crackers & Fruit
LUNCH	Quesadillas, Baked Beans, Green Beans, Pears, & Milk	Salisbury Steak, Mashed Potatoes, Pears, & Milk	Sloppy Joes , Chips, Pickles, Pears, & Milk	Chicken Nuggets, Baked Beans, Mandarin Oranges, & Milk	Spaghetti with Meat Sauce, Green Beans, Pears, & Milk
PM Snack	Cinnamon Apples & Juice	Goldfish & Juice	Oatmeal Cookies & Milk	Sliced Apples & Juice	Vanilla Yogurt & Blueberries
WEEK 4	23	24	25	26	27
Breakfast	Biscuits with Jelly & Milk	Cinnamon Toast, Pears, & Milk	Oatmeal, Peaches, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Pears, & Milk
AM Snack	Bananas & Graham Cracker	Trail Mix & Oranges	Vanilla Yogurt & Wafers	Pretzels & Cheese	Pudding & Grahams
LUNCH	Chicken Alfredo, Pears, Peas, & Milk	Tomato & Rice Soup, Peaches, & Milk	Sloppy Joes, Corn, Mixed Fruit, & Milk	Beef Stroganoff, Mandarin Oranges, Green Beans, & Milk	Chef Salad with Ham, Peaches, & Milk
PM Snack	Cookies & Milk	Cornbread & Jelly	Applesauce Cake & Milk	Jell-O & Fruit	Oatmeal Muffins & Milk
WEEK 5	30	31	*Bold words are for celebration of National Holidays!		
Breakfast	Ham & Cheese Egg Puffs, Pineapples, & Milk	Waffles, Mixed Fruit, & Milk	*2 nd : Banana Cream Pie Day *3 rd : Cold Cuts Day *4 th : Pancake Day *5 th : Cheese Doodle Day *6 th : Oreo Cookie Day *9 th : Meatball Day *10 th : Blueberry Popover Day		
AM Snack	Trail Mix & Fruit	Cucumbers & Ranch	*11 th : Waffles Day *18 th : Sloppy Joes and Oatmeal Cookies Day *19 th : Poultry Day *30 th : Turkey Soup Day *31 st : Tater Day		
LUNCH	Turkey Soup with Vegetables, Crackers, Sliced Apples, & Milk	Tater-tot Casserole with Vegetables, Pineapples, & Milk			
PM Snack	Bananas & Pudding	Jell-O & Fruit			