



## Covenant Schools of Rio Rancho- November 2014 Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>WEEK 1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Breakfast</b>	Cream of Wheat, Peaches & Milk	Bagels w/Cream Cheese, Jelly & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Pears & Milk	Waffles, Peaches & Milk
AM Snack	Cantaloupe & Honeydew	Grahams & Juice	Rice Krispie Treats & Milk	Townhouse Crackers & Sliced Oranges	Vanilla Wafers & Yogurt
<b>LUNCH</b>	Beef Barley Soup, Saltines, Pineapple & Milk	Penne Pasta w/Meat Sauce, Salad, Peaches, Garlic Bread & Milk	Chicken and Cheese Tator Tot Casserole, Green Beans, Pears & Milk	Beef-A-Roni, Bread, Fruit Cocktail, Peas & Milk	Chicken Pasta Salad, Potato Chips, Cooked Carrots, Pineapple & Milk
PM Snack	Yogurt & Bananas	Trail Mix & Pears	Goldfish & Applesauce	Jello w/Whip Cream	Sliced Apples & Cheese
<b>WEEK 2</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Breakfast</b>	Cereal, Bananas & Milk	Hot Oatmeal, Pineapple & Milk	Bagels, Jelly & Milk	Pancakes, Bananas & Milk	Cinnamon Toast, Pears & Milk
AM Snack	Cornbread & Milk	Saltines & Sliced Cheese	Pretzels & Sliced Oranges	Jelly Roll-Ups & Sliced Apples	Celery & Cream Cheese
<b>LUNCH</b>	Spaghetti w/Meat Balls, Salad, Bread, Peaches & Milk	Chicken Nuggets, French Fries, Pickles, Pears & Milk	Creamy White Chili Soup, Saltines, Fruit Cocktail & Milk	Turkey, Mashed Potatoes, Corn, Rolls, Brown Gravy, Cranberries & Milk	Hamburger Casserole, Green Beans, Peaches & Milk
PM Snack	Chocolate Chip Cookies & Milk	Vanilla Wafers & Bananas	Cheddar Cheese Squares & Saltines	Mixed Fruit & Townhouse Crackers	Applesauce Cake & Milk
<b>WEEK 3</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Breakfast</b>	Waffles, Peaches & Milk	Cream of Wheat, Pineapple & Milk	Cereal, Bananas & Milk	English Muffins, Peaches & Milk	Scrambled eggs, Toast
AM Snack	Cinnamon Applesauce & Town house Crackers	Goldfish & Cheese Cubes	Jello w/Fruit	String Cheese & Trail Mix	Yogurt & Oats
<b>LUNCH</b>	Taco Salad w/Shredded Lettuce, Tortilla Chips, Pinto Beans, Pineapple & Milk	Beef Stew w/Mixed Veggies, Bread, Pears & Milk	Quesadillas, Pinto Beans, Peaches & Milk	Salisbury steak, Tator Tots, Peas & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk
PM Snack	Vanilla Pudding & Vanilla Wafers	Animal Crackers & Milk	Blueberry Muffins & Milk	Grahams & Sliced Oranges	Bananas & Apples
<b>WEEK 4</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Breakfast</b>	Blueberry Pancakes, Pears & Milk	Cereal, Bananas & Milk	English Muffins w/Jelly, Peaches & Milk	<div style="text-align: center;"> <p><b>Closed for Thanksgiving Holiday!!</b></p>  <p><b>Thanksgiving Day</b></p> </div>	
AM Snack	Cucumber Ranch & Sliced Oranges	Ambrosia Salad & Saltines	Pumpkin Bread & Milk		
<b>LUNCH</b>	Chicken Noodle Casserole, Mixed Veggies, Pineapple & Milk	Turkey Vegetable Soup, Saltines, Peaches & Milk	Mac & Cheese, Peas, Pears & Milk		
PM Snack	Zuchini Bread & Milk	Oatmeal Cookies & Milk	Applesauce & Saltines		