



Covenant Schools of Rio Rancho- November 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Cinnamon Toast, Bananas & Milk	Banana Bread & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk
AM Snack	Vanilla Wafers and Fruit	Graham Crackers and Applesauce	Pretzels & Cheese	Animal Crackers and Juice	Yogurt and Oranges
LUNCH	Meatballs with Gravy, Mashed Potatoes, Peas, Oranges & Milk	Ham & Cheese Sandwiches , Pretzels, Pickles, Peaches & Milk	Beef A Roni, Green Beans, Oranges & Milk	Chicken Tomato Noodle Soup, Bread, Pears & Milk	Penne Pasta Bake, Salad, Peaches & Milk
PM Snack	Bananas and Wow! Butter	Pumpkin Cookies & Milk	Mini Wow! Butter & Jelly Sandwiches	Celery and Wow! Butter	Trail Mix and Juice
WEEK 2	9	10	11	12	13
Breakfast	French Toast, Bananas & Milk	Cream of Wheat, Oranges & Milk	Eggs with Sausage, Tortillas, Peaches & Milk	Cereal, Bananas & Milk	Pancakes, Oranges & Milk
AM Snack	Pretzels and Cheese	Carrots and Ranch	Tortillas and Cheese	Apples and Graham Crackers	Trail Mix and Juice
LUNCH	Chicken Nuggets, Mixed Vegetables, Peaches, & Milk	Spaghetti with Meat Sauce, Garlic Toast, Mixed Vegetables, Peaches, & Milk	Chicken & Rice Casserole with Broccoli, Pears, & Milk	Chef Salad with Ham, Bread, Peaches, & Milk	Beef Stew with Vegetables, Crackers, Pineapples, & Milk
PM Snack	Sliced Apples and Wow! Butter	Cornbread and Jelly	Ice Cream Cups and Bananas	Blueberries and Yogurt	Sliced Apples and Wow! Butter
WEEK 3	16	17	18	19	20
Breakfast	English Muffins, Jelly & Milk	Cream of Wheat, Oranges & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Biscuits with Gravy, Oranges & Milk
AM Snack	Celery and Ranch	Pretzels and Cheese	Blueberries and Yogurt	Crackers and Fruit	Cucumbers and Ranch
LUNCH	Beef Stroganoff, Peas, Peaches, & Milk	Chicken Alfredo, Garlic Toast, Salad, Oranges, & Milk	Vichyssoise (Potato and Onion Soup) with Ham, Peaches, Crackers, & Milk	Turkey & Cheese Sandwiches, Pretzels, Pickles, Oranges, & Milk	Chicken Noodle Soup with Vegetables, Crackers, Pears, & Milk
PM Snack	Graham Crackers and Applesauce	Jell-O and Fruit	Animal Crackers and Juice	Bananas and Wow! Butter	Oranges and Rice Crackers
WEEK 4	23	24	25	26	27
Breakfast	Bagels with Jelly & Milk	Waffles, Oranges & Milk	Ham & Cheese Egg Cups, Oranges & Milk	Closed	Closed
AM Snack	Blueberries and Yogurt	Crackers and Cheese	Yogurt Parfait (Yogurt and Fruit)	For	For
LUNCH	Turkey, Mashed Potatoes with Gravy, Mixed Vegetables, Cranberry Sauce , Rolls, & Milk	Sloppy Joes, Chips, Pickles, Pears, & Milk	Macaroni & Cheese with Ham, Peas, Peaches, & Milk	Thanksgiving	Thanksgiving
PM Snack	Pumpkin Cookies and Juice	Baked Yams and Marshmallows	Cinnamon Apples and Milk	~~~~~	~~~~~
WEEK 5	30	** The underlined words are in celebration of the following National Holidays :			
Breakfast	Cinnamon Toast, Bananas & Milk	<u>November 3:</u> Sandwich day			
AM Snack	Oranges and Pretzels	<u>November 11:</u> Sundae Day			
LUNCH	Quesadillas, Baked Beans, Pineapple & Milk	<u>November 18:</u> Vichyssoise Day			
PM Snack	Ambrosia Salad and Crackers	<u>November 23:</u> Eat A Cranberry Day			
		<u>November 25:</u> Parfait Day			