



Covenant Schools of Rio Rancho November 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast	Special Days: <ul style="list-style-type: none"> • 3rd: Sandwich Day • 14th: Pickle Day • 17th: Homemade Bread Day • 20th: Pumpkin Pie with Parents • 28th: French Toast Day 		Oatmeal, Raspberries, & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Fruit, & Milk
AM Snack			Yogurt & Graham Crackers	Carrot Sticks & Ranch	Applesauce & Pretzels
LUNCH			Tater-Tot Casserole with Peas, Corn, Green Beans and Ground Beef, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, Fruit, & Milk	Salami Sandwiches , Pickles, Chips, & Milk
PM Snack			Cantaloupe & Vanilla Wafers	Tortillas & Cheese	Cucumbers & Hummus
WEEK 2	6	7	8	9	10
Breakfast	Assorted Fruit Muffins & Milk	Cereal, Bananas, & Milk	Biscuits with Jelly & Milk	Blueberry Oatmeal & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Yogurt & Blueberries	Bell Peppers & Ranch	Carrot Sticks & Hummus	Applesauce & Graham Crackers	Hardboiled Eggs & Pitas
LUNCH	Macaroni & Cheese, Peas, Fruit, & Milk	Cheesy Potato Soup, Broccoli, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Peas, & Milk	Posole with Pork, Hominy, Corn, Red Chile, Fruit, & Milk	Chicken Fajitas, Tortillas, Salsa, & Milk
PM Snack	Tortillas & Jelly	Goldfish & Juice	String Cheese & Apples	Bananas & Vanilla Wafers	Papaya & Saltines
WEEK 3	13	14	15	16	17
Breakfast	Blueberry Bagels, Cream Cheese, & Milk	Waffles, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Hard Boiled Eggs, Fruit, & Milk	Blueberry Oatmeal & Milk
AM Snack	Pitas & Hummus	Juice & Goldfish	Cheese & Saltines	Cucumbers & Ranch	Yogurt & Animal Crackers
LUNCH	Chicken Noodle Soup with Vegetables, Saltines, Fruit, & Milk	Teriyaki Chicken, Pineapple, Broccoli, Fruit, & Milk	Bean & Cheese Tacos, Salad, Fruit, & Milk	Turkey, Peas, Mashed Potatoes, Cranberry Sauce, & Milk	Root Vegetable Stew with Pork, Fruit, & Milk
PM Snack	Pretzels & Apples	Pickles & Olives	Fresh Fruit & Pretzels	Oranges & Animal Crackers	Pumpkin Bread & Milk
WEEK 4	20	21	22	23	24
Breakfast	Cereal, Bananas, & Milk	Hardboiled Eggs, Tortillas, & Milk	Pancakes, Fruit, & Milk		Thanksgiving Break!
AM Snack	Goldfish & Juice	Pretzels & Yogurt	Carrot Sticks & Ranch		
LUNCH	Red Chile Cheese Enchiladas, Corn, Fruit, & Milk	Mini Pizzas with Pepperoni, Salad, Fruit, & Milk	Meatball & Vegetable Soup, Rice, Fruit, & Milk		

PM Snack	Pumpkin Pie	Cheese & Apples	Strawberries & Crackers		
WEEK 5	27	28	29	30	
Breakfast	Bagels, Jelly, & Milk	French Toast Sticks, Fruit, & Milk	Cereal, Fruit, & Milk	Assorted Fruit Muffins & Milk	
AM Snack	Tortillas & Cheese	Juice and Goldfish	Cottage Cheese & Peaches	Cucumbers & Hummus	
LUNCH	Cheesy Broccoli Soup with Rice, Fruit, & Milk	Sloppy Joes, Pickles, Chips, & Milk	Green Chile Turkey Soup with Mixed Veggies, Fruit, & Milk	Ham Sandwiches, Pickles, Chips, & Milk	
PM Snack	Pretzels & Yogurt	Fresh Fruit & Animal Crackers	Oranges & Pretzels	Olives & Cheese	