



Covenant School of Rio Rancho April 2024 Menu





Breakfast Bagels, Cream Cheese, & Milk Oanmeal, Fruit, & Milk Cereal, Bananas, & Milk French Toast Sticks, Blueberries, & Milk Milk Cereal, Bananas, & Milk French Toast Sticks, Blueberries, & Milk Blueberries, & Milk Soup, Fruit, & Milk Blueberries, & Milk Cereal, Bananas, & Milk Blueberries, & Milk Blueberries, & Milk Cereal, Bananas, & Milk English Mullins, Jam., Milk Blueberries, & Milk Blueberries, & Milk Blueberries, & Milk Cereal, & Milk Blueberries, & Milk Blueberries, & Milk Blueberries, & Milk Cereal, & Milk Blueberries, & Milk Blueberries, & Milk Blueberries, & Milk Sauce, Salad, & Milk Milk Blueberries, & Milk Sauce, Salad, & Milk Milk Sauce, Salad, & Milk Milk Sauce, Salad, & Milk Sauce, Sa		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Bananas & Animal Crackers Bell Peppers & Animal Crackers Animal Crackers Bell Peppers & Animal Crackers Bell Peppers & Animal Crackers Bell Peppers & Animal Crackers Animal Crackers Bell Peppers & Animal Crackers Bell Peppers & Animal Crackers Goldish & Juice Animal Crackers Animal Crackers Bell Peppers & Animal Crackers Goldish & Juice Berries & Animal Crackers Berry Vogurt Turkey & Cheese Sandh	WEEK 1	1	,	•	. '	
LUNCH Company Company	Breakfast	Bagels, Cream Cheese, & Milk	Oatmeal, Fruit, & Milk	Cereal, Bananas, & Milk	1	Hardboiled Eggs, Salsa, & Milk
PM Snack Goldish & Juice Carrot Sticks & Hummus Blueberries & Animal Crackers Animal Cracker	AM Snack	Pickles & Saltines	Oranges & Pretzels	9	Strawberry Yogurt	Bananas & Animal Crackers
WEEK 2	LUNCH				1	Green Chile Chicken Soup, Tortillas, Fruit, & Milk
Breakfast Waffles, Fruit, & Milk Assorted Fruit Mufflins & Milk Blueberries, Cheerios, & Milk Blueberry, Yogurt Berries & Graham Crackers Cheerios, & Milk Blueberry, Yogurt Berries, & Graham Crackers Cheerios, & Milk Blueberry, Militins, & Cheerios, & Milk Blueberry, Yogurt Berries, & Graham Crackers Cheerios, & Milk Blueberry, Militins, & Cheerios, & Milk Blueberry, Yogurt Berries, & Graham Crackers Cheerios, & Cheerios, Cheerios, Cheerios, & Cheerios, Cheeries, Cheerios, Cheerios, Cheerios, Cheerios, Cheerios, Cheerios,	PM Snack	Goldfish & Juice	Carrot Sticks & Hummus		Oranges & Tortilla Chips	Broccoli & Hummus
AM Snack Yoguri & Blueberries Fresh Berries & Pretzels LUNCH Chicken Nuggets, Mashed Potatoes, Fruit & Milk PM Snack Fresh Fruit & Cheez Its Oranges & Saltines Apples & Animal Crackers Pineapples & Graham Crackers Goldfish & Juice WEEK 3 15 16 17 18 19 Breakfast AM Snack Cauliflower & Crackers Ham & Crackers Ham & Crackers Ham & Crackers Ham & Crackers Berry Yogurt Fresh Borries, Chieries, & Milk AM Snack Cauliflower & Crackers Ham & Crackers Ham & Crackers Ham & Crackers Berry Yogurt Fresh Borries, A Milk PM Snack PM Snack Bananas & Graham Crackers Ham & Crackers Ham & Crackers Ham & Crackers Ham & Crackers Berry Yogurt Fresh Borries, A Milk Pancakes, Fruit, & Milk AM Snack LUNCH Spaghetti in Marinara Sauce, Saltines Cucumbers & Saltines Oranges & Pretzels WEEK 4 22 23 Breakfast Bagels, Jelly, & Milk AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Berfies & Graham Crackers Saltines Oranges & Pretzels Apples ward of the Milk Creal, Bananas, & Milk Walles, Fruit, & Milk Apples & Chiese Animal Crackers Olives & Cheese Olives & Cheese Soldifish & Juice Chartot Sticks & Ra Olives & Cheese Olives & Cheese Olives & Cheese Fruit, & Milk AM Snack Fresh Fruit, & Milk Blueberry Oatmeal & Milk Waffles, Bananas, & Milk Waffles, Bananas, & Milk Hardboiled Eggs, Fruit, & Milk Blueberry Muffins & Salmin Sandwiches, Pickles, Fruit, & Milk Pickles, Chips, Fruit, & Milk AM Snack Fresh Fresh Broccoli & Ranch Carrot Sticks & Ranch Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk Chicken Noodles Soup, Mixed Vegetables, Saltines, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cheese Animal Crackers Chicken Noodles Souph, Mixed Vegetables, Saltines, & Milk Am Snack Cheese & Pretzels Goldfish & Juice Cheese & Pretzels Goldfish & Juice Cheese & Pretzels Goldfish & Juice Cheese & Pretzels Goldfish & J	WEEK 2	8	9	10	11	12
LUNCH Chicken Nuggets, Mashed Potatoes, Fruit & Milk PM Snack Fresh Fruit & Cheez Its Oranges & Saltines Oranges & Saltines Oranges & Saltines Apples & Animal Crackers French Toast Sticks, Fruit, & Milk AM Snack Cauliflower & Crackers Ham & Crackers Ham & Crackers Ham & Crackers Berry Yogurt Fresh Broccoli & Ranch Carrot Sticks & Ra Carrot Sticks & Ra Milk PM Snack Bananas & Graham Crackers WEEK 4 22 23 Breakfast Bagels, Jelly, & Milk AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Berries & Graham Crackers Berry Yogurt Fresh Broccoli & Ranch Carrot Sticks & Ra Clairot Sticks &	Breakfast	Waffles, Fruit, & Milk	Assorted Fruit Muffins & Milk		Cereal, Bananas, & Milk	English Muffins, Jam, & Milk
LUNCH Potatoes, Fruit & Milk PM Snack Fresh Fruit & Cheez Its Oranges & Saltines Oranges & Saltines Pfrench Toast Sticks, Fruit, & Milk Prench Toast Sticks, Fruit, & Milk Pancakfast LUNCH Spaghetti in Marinara Saucc, Salad, Fruit, & Milk PM Snack Potatoes, Wilk PM Snack Persh Fruit, & Milk PM Snack Pancakfast LUNCH Spaghetti in Marinara Saucc, Salad, Fruit, & Milk PM Snack Potatoes, Wilk PM Snack Persh French Toast Sticks, Fruit, & Milk PM Snack Potatoes, Wilk PM Snack Potatoes, Wilk PM Snack Persh Fruit, & Milk PM Snack Persh French Toast Sticks, Fruit, & Milk PM Snack Potatoes, Wilk PM Snack Persh French Toast Sticks, Fruit, & Milk PM Snack Potatoes, Wilk PM Snack Potatoes, Wilk PM Snack Potatoes, Wilk PM Snack Presh Prench Read Wilk PM Snack Potatoes, Wilk PM Snack Presh Prench Read Wilk Physical Read Read Potatoes, Wilk PM Snack Presh Prench Read Wilk PM Snack Potatoes, Wilk PM Snack Presh Prench Read Read Potatoes, Wilk PM Snack Presh Read Read Read Read Read Potatoes, Fruit, & Milk PM Snack Presh Read Read Read Read Read Potatoes, Fruit Read Read Read Read Read Read Read Read	AM Snack	Yogurt & Blueberries	Fresh Berries & Pretzels	Pickles & Olives	Cheese and Crackers	Bell Peppers & Ranch
WEEK 3 15 16 17 18 19 Breakfast French Toast Sticks, Fruit, & Milk AM Snack Cauliflower & Crackers Ham & Crackers Berry Yogurt Fresh Broccoli & Ranch Carrot Sticks & Ra LUNCH Spaghetti in Marinara Sauce, Salad, Fruit, & Milk Potatoes, Milk Potatoes, & Milk Potatoes, & Milk Potatoes, & Milk Pot	LUNCH		Rice, Fruit,		_	Hamburgers, Chips, Fruit, & Milk
Breakfast French Toast Sticks, Fruit, & Milk AM Snack Cauliflower & Crackers Ham & Crackers Ham & Crackers Berry Yogurt Fresh Broccoli & Ranch Carrot Sticks & Ranch Fotatoes, & Milk PM Snack Bananas & Graham Crackers Meatballs, Gravy, Mashed Potatoes, & Milk PM Snack Bananas & Graham Crackers Potatoes, & Milk PM Snack Bananas & Graham Crackers Cucumbers & Saltines Oranges & Pretzels Applesauce & Animal Crackers Olives & Cheese WEEK 4 22 23 24 25 26	PM Snack	Fresh Fruit & Cheez Its	Oranges & Saltines	Apples & Animal Crackers	Pineapples & Graham Crackers	Goldfish & Juice
Milk	WEEK 3	15	16	17	18	19
LUNCH Spaghetti in Marinara Sauce, Salad, Fruit, & Milk PM Snack Bananas & Graham Crackers Cucumbers & Saltines Oranges & Pretzels Applesauce & Animal Crackers Olives & Cheese WEEK 4 22 23 24 25 26 Breakfast Bagels, Jelly, & Milk Blueberry Oatmeal & Milk Waffles, Bananas, & Milk Hardboiled Eggs, Fruit, & Milk Blueberry Muffins & Hardboiled Eggs, Fruit, & Milk Blueberry Muffins & Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretze Struit, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretze Struit, & Milk Pruit, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretze Struit, & Milk Pruit, & Milk Pruit, & Milk Pruit, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretze Struit, & Milk Pruit, & Milk P	Breakfast		Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Pancakes, Fruit, & Milk
Balad, Fruit, & Milk PM Snack Bananas & Graham Crackers Cucumbers & Saltines Oranges & Pretzels Applesauce & Animal Crackers Olives & Cheese WEEK 4 22 23 24 25 26 Breakfast Bagels, Jelly, & Milk Blueberry Oatmeal & Milk Waffles, Bananas, & Milk AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Beef-A-Roni, Salad, Fruit, & Milk PM Snack Cheese & Pretzels Goldfish & Juice WEEK 5 29 30 Breakfast English Muffins, Jelly, & Milk AM Snack Celery & Cream Cheese Fruit Bars Taco Lasagna with Beans, Tampators Cheese & Reef Taron Bases Chicken and Rice Casserole, Chicken and Rice Casserole, Checse & Saltines Chicken Sodile Saltines Oranges & Pretzels Oranges & Pretzels Oranges & Pretzels Oranges & Pretzels Oranges & Milk Am lik Pickles, Chips, Fruit, & Milk Applesauce & Animal Crackers Olives & Cheese Cheese & Animal Crackers Olives & Cheese Carrot Sticks & Ranch Hardboiled Eggs & Cr Chef Salad with Ham, Cheese, Eggs, & Croutons, Fruit, & Milk Milk Am Snack Cheese & Pretzels Cheese & Pretzels Oranges & Pretzels Apples & Cheese Oranges & Pretzels National Holida An Snack Chicken and Rice Casserole, Tampators Cheese & Reef	AM Snack	Cauliflower & Crackers	Ham & Crackers	Berry Yogurt	Fresh Broccoli & Ranch	Carrot Sticks & Ranch
WEEK 4 22 23 24 25 Breakfast Bagels, Jelly, & Milk AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Beef-A-Roni, Salad, Fruit, & Milk AM Snack Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cheese & Pretzels Goldfish & Juice Breakfast English Muffins, Jelly, & Milk AM Snack Celery & Cream Cheese Fruit Bars Chicken and Rice Casserole, Chicken Noodle Soup, Mixed Vegetables, Fruit, & Milk Chicken Noodle Soup, Mixed Vegetables, Fruit, & Milk Salami Sandwiches, Pickles, Fruit, & Milk Cheese & Granam Crackers Carrot Sticks & Ranch Hardboiled Eggs & Craction Sticks & Ranch Cheese & Carrot Sticks & Ranch Hardboiled Eggs & Craction Sticks & Ranch Cheese & Carrot Sticks & Ranch Hardboiled Eggs & Craction Sticks & Ranch Cheese & Carrot Sticks & Ranch Cheese & Carrot Sticks & Ranch Cheese & Cheese & Carrot Sticks & Ranch Cheese & Cheese & Cheese & Crampeter & Cheese & Carrot Sticks & Ranch Cheese & Carrot Sticks & Ranch Cheese & Ch	LUNCH					Sloppy Joes, Chips, Fruit, & Milk
Breakfast Bagels, Jelly, & Milk Blueberry Oatmeal & Milk Waffles, Bananas, & Milk Hardboiled Eggs, Fruit, & Milk Blueberry Muffins & AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Berries & Graham Crackers Carrot Sticks & Ranch Hardboiled Eggs & Croudons, Fruit, & Milk Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretzel WEEK 5 29 30 Anyone who belongs to Christ has become a new person. The old life is gone; Am Snack Celery & Cream Cheese Fruit Bars Chicken and Rice Casserole, Chicken Snannas, & Milk Waffles, Bananas, & Milk Hardboiled Eggs, Fruit, & Milk Hardboiled Eggs, Cheese Casserole, Hardboiled Eggs	PM Snack	Bananas & Graham Crackers	Cucumbers & Saltines	Oranges & Pretzels	Applesauce & Animal Crackers	Olives & Cheese
AM Snack Fresh Vegetables & Hummus Strawberry Yogurt Berries & Graham Crackers Carrot Sticks & Ranch Hardboiled Eggs & Crackers Cheese & Pretzels Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk Salami Sandwiches, Pickles, Fruit, & Milk Salami Sandwiches, Pickles, Eggs, & Croutons, Fruit, & Milk Fruit, & Milk Milk Salami Sandwiches, Pickles, Eggs, & Croutons, Fruit, & Milk Milk Salami Sandwiches, Pickles, Eggs, & Croutons, Fruit, & Milk Salami Sandwiches, Pickles, Eggs, & Cr	WEEK 4	22	23	24	25	26
LUNCH Beef-A-Roni, Salad, Fruit, & Milk Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretzet WEEK 5 Breakfast English Muffins, Jelly, & Milk Cereal, Bananas, & Milk AM Snack Celery & Cream Cheese Fruit Bars Chicken and Rice Casserole, Chicken and Rice Casserole, Chicken Salami Sandwiches, Pickles, Fruit, & Milk Chef Salad with Ham, Cheese, Eggs, & Croutons, Fruit, & Milk Anyone who belongs to Christ has become a new person. The old life is gone; Taco Lasagna with Beans, Towators Cheese & Reef Chicken and Rice Casserole, Chicken and Rice Casserole, Chicken and Rice Casserole,	Breakfast	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk	Waffles, Bananas, & Milk	Hardboiled Eggs, Fruit, & Milk	Blueberry Muffins & Milk
LUNCH Beel-A-Roni, Salad, Fruit, & Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk PM Snack Cheese & Pretzels Goldfish & Juice Cucumbers & Hummus Apples & Cheese Oranges & Pretzels WEEK 5 Breakfast English Muffins, Jelly, & Milk Cereal, Bananas, & Milk AM Snack Celery & Cream Cheese Taco Lasagna with Beans, Tomatoes Cheese & Reef Taco Lasagna with Beans, Tomatoes Cheese & Reef Chicken Noodle Soup, Mixed Vegetables, Saltines, Milk Salami Sandwiches, Pickles, Fruit, & Milk Eggs, & Croutons, Fruit, & Milk Anyone who belongs to Christ has become a new person. The old life is gone; Taco Lasagna with Beans, Tomatoes Cheese & Reef Chicken and Rice Casserole, Chicken and Rice Casserole,	AM Snack	Fresh Vegetables & Hummus	Strawberry Yogurt	Berries & Graham Crackers	Carrot Sticks & Ranch	Hardboiled Eggs & Crackers
WEEK 5 Breakfast English Muffins, Jelly, & Milk AM Snack Celery & Cream Cheese Taco Lasagna with Beans, Tomatoes Cheese & Beef Tomatoes Cheese & Beef Chicken and Rice Casserole,	LUNCH				Eggs, & Croutons, Fruit, &	Macaroni & Cheese w/ Peas, Fruit, & Milk
Breakfast English Muffins, Jelly, & Milk Cereal, Bananas, & Milk AM Snack Celery & Cream Cheese Fruit Bars Taco Lasagna with Beans, Taco Lasagna with Beans, Tomatoes Cheese & Beef	PM Snack	Cheese & Pretzels	Goldfish & Juice	Cucumbers & Hummus	Apples & Cheese	Oranges & Pretzels
AM Snack Cereal, Bananas, & Milk Cereal, Bananas, & Milk AM Snack Cereal, Bananas, & Milk AM Snack Cereal, Bananas, & Milk Fruit Bars Fruit Bars Taco Lasagna with Beans, Taco Lasagna with Beans, Tomatoes Cheese & Beef Chicken and Rice Casserole, Chicken and Rice Casserole, Chicken and Rice Casserole,	WEEK 5	29	30		Anuana who belongs to Christ	
AM Snack Celery & Cream Cheese Fruit Bars The old life is gone; 4th: Vitamin C Da Taco Lasagna with Beans, Tomatoes Cheese & Reef Chicken and Rice Casserole, Chicken and Rice Casserole, Tomatoes Cheese & Reef The old life is gone; a new life has begun! 4th: Burrito Day 17th: Banana Day	Breakfast	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk			National Holidays:
TINCH Tomatoes Cheese & Reef Chicken and Rice Casserole,	AM Snack	Celery & Cream Cheese	Fruit Bars		The old life is gone;	3 rd : Find a Rainbow Day 4 th : Vitamin C Day
	LUNCH	Tomatoes, Cheese, & Beef,	Chicken and Rice Casserole, Peas, Fruit, & Milk			4 th : Burrito Day 17 th : Banana Day 18 th : Animal Cracker Day