



Covenant School of Rio Rancho April 2024 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Bagels, Cream Cheese, & Milk	Oatmeal, Fruit, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Blueberries , & Milk	Hardboiled Eggs, Salsa, & Milk
AM Snack	Pickles & Saltines	Oranges & Pretzels	Rainbow Vegetables & Ranch	Strawberry Yogurt	Bananas & Animal Crackers
LUNCH	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Cheesy Potato and Broccoli Soup, Fruit, & Milk	Ham & Cheese Sandwiches, Chips, Fruit, & Milk	Bean & Cheese Burritos , Corn, Salsa , & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk
PM Snack	Goldfish & Juice	Carrot Sticks & Hummus	Blueberries & Animal Crackers	Oranges & Tortilla Chips	Broccoli & Hummus
WEEK 2	8	9	10	11	12
Breakfast	Waffles, Fruit, & Milk	Assorted Fruit Muffins & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Cereal, Bananas, & Milk	English Muffins, Jam, & Milk
AM Snack	Yogurt & Blueberries	Fresh Berries & Pretzels	Pickles & Olives	Cheese and Crackers	Bell Peppers & Ranch
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Penne Pasta with Alfredo Sauce, Salad, & Milk	Tomato Noodle Soup, Fruit, & Milk	Hamburgers, Chips, 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	French Toast Sticks, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Bananas , & Milk	Waffles, Fruit, & Milk	Pancakes, Fruit, & Milk
AM Snack	Cauliflower & Crackers	Ham & Crackers	Berry Yogurt	Fresh Broccoli & Ranch	Carrot Sticks & Ranch
LUNCH	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Meatballs, Gravy, Mashed Potatoes, & Milk	Vegetable Barley Soup, Fruit, & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Sloppy Joes, Chips, 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 & Milk
AM Snack	Fresh Vegetables & Hummus	Strawberry Yogurt	Berries & Graham Crackers	Carrot Sticks & Ranch	Hardboiled Eggs & Crackers
LUNCH	Beef-A-Roni, Salad, Fruit, & Milk	Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk	Salami Sandwiches, Pickles, Fruit, & Milk	Chef Salad with Ham, Cheese, Eggs, & Croutons, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk
PM Snack	Cheese & Pretzels	Goldfish & Juice	Cucumbers & Hummus	Apples & Cheese	Oranges & Pretzels
WEEK 5	29	30			
Breakfast	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk		Anyone who belongs to Christ has become a new person.	National Holidays:
AM Snack	Celery & Cream Cheese	Fruit Bars		The old life is gone;	3 rd : Find a Rainbow Day 4 th : Vitamin C Day
LUNCH	Taco Lasagna with Beans, Tomatoes, Cheese, & Beef, Salad, Fruit, & Milk	Chicken and Rice Casserole, Peas, Fruit, & Milk		a new life has begun!	4 th : Burrito Day 17 th : Banana Day 18 th : Animal Cracker Day