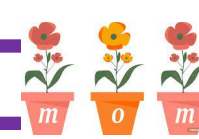




Covenant School of Rio Rancho- May 2024 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays:		1	2	3
Breakfast	13: Muffins For Mom		Bagels with Cream Cheese, Bananas, & Milk	Cream of Wheat, Fruit, & Milk	French Toast Sticks, Fruit, & Milk
AM Snack	13: Crouton Day		Bell Peppers & Hummus	Pretzels & Cheese	Yogurt & Blueberries
LUNCH	14: Biscuits Day 15: Juice Slush Day 16: BBQ Day		Italian Pasta Salad with Cheese, Tomatoes, Spinach, & Ham, Fruit, & Milk	Hamburgers, Chips, Pickles, Fruit, & Milk	Roast Beef Sandwiches, Fruit, Chips, & Milk
PM Snack	17: Pizza Party Day		Goldfish & Juice	Blueberries & Animal Crackers	Pretzels & Cheese
WEEK 2	6	7	8	9	10
Breakfast	Hardboiled Eggs, Fruit, & Milk	Waffles, Blueberries, & Milk	Cream of Wheat, Fruit, & Milk	Pancakes, Blueberries, & Milk	Cereal, Fruit, & Milk
AM Snack	Oranges & Pretzels	Tortillas & Jelly	Carrots & Ranch	Yogurt & Graham Crackers	Animal Crackers & Fruit
LUNCH	Red Chile Enchiladas, Salad, & Milk	Ham Sandwiches, Pickles, Chips, Peaches, & Milk	Macaroni and Cheese with Peas, Fruit, & Milk	Tater-Tot Casserole with Beef, Cheese, and Mixed Vegetables, Peaches, & Milk	Taco Salad (Tortilla Chips, Lettuce, Beans, Tomatoes), Fruit, & Milk
PM Snack	Applesauce & Saltines	Bell Peppers & Ranch	Pretzels & Berries	Saltines & Cheese	Carrots & Hummus
WEEK 3	13	14	15	16	17
Breakfast	<u>Assorted Fruit Muffins</u> & Milk	<u>Biscuits</u> with Jelly & Milk	Cereal, Fruit, & Milk	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal & Milk
AM Snack	Crackers & Cheese	Goldfish & Juice	Pitas & Hummus	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Chef Salad with Ham, Cheese, & <u>Croutons</u> , Pineapple, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	<u>BBQ</u> Pork, Rolls, Baked Beans, & Milk	Mini <u>Pizzas</u> , Salad, Fruit, & Milk
PM Snack	Graham Crackers & Berries	String Cheese & Pretzels	<u>Fruit Slushes</u>	Oranges & Crackers	Bananas & Graham Crackers
WEEK 4	20	21	22	23	24
Breakfast	Bagels, Jelly, & Milk	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Animal Crackers & Fruit	Salami & Crackers	Juice & Goldfish	Berries & Crackers	Yogurt & Pretzels
LUNCH	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Chicken & Rice Casserole, Peas, Fruit, & Milk	Bean Soft Tacos, Corn, Peaches, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Sloppy Joes, Baked Beans, Fruit, & Milk
PM Snack	Pretzels & Cheese	Carrot Sticks & Ranch	Apples & Graham Crackers	Olives & Cheese	Bananas & Animal Crackers
WEEK 5	27	28	29	30	31
Breakfast	Closed for Memorial Day!	Hardboiled Eggs, Bananas, & Milk	Waffles, Blueberries, & Milk	Yogurt Parfaits with Blueberries & Milk	Bagels, Jelly, & Milk
AM Snack		Goldfish & Juice	Cucumbers & Hummus	Animal Crackers & Bananas	Oranges & Saltines
LUNCH		Chicken Alfredo Pasta, Peas, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Salami Sandwiches, Pickles, Peaches, & Milk	Hawaiian Pasta Salad with Green Onions, Pineapple & Ham, Bell Peppers, & Milk
PM Snack		Apples & Cheese	Frozen Berry Yogurt	Cauliflower & Hummus	Fresh Fruit & Cheese