



Covenant Schools of Rio Rancho- October 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast			Hot Oatmeal, Peaches & Milk	Cinnamon Toast, Pears & Milk	Biscuits, Jelly, & Milk
AM Snack			Goldfish & Oranges	Vanilla Yogurt & Vanilla Wafers	Graham Crackers & Sliced Cheese
LUNCH			Ham & Cheese Sandwiches, Potato Chips, Pickles, Pears & Milk	Meatballs w/Brown Gravy, Mashed Potatoes, Peaches & Milk	Chicken Broccoli and Rice Casserole, Pears & Milk
PM Snack			Oatmeal Cookies & Milk	Watermelon & Pretzels	Pineapple Upside Down Cake & Milk
WEEK 2	6	7	8	9	10
Breakfast	Waffles, Pears & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	Pancakes, Pears & Milk	CLOSED
AM Snack	Apples & Letter Crackers	Pretzels & Cinnamon Apples	Rice Pudding & Grahams	Mixed Fruit w/Whip Cream	FOR
LUNCH	Salisbury Steak, Scalloped Potatoes, Peas & Milk	Grilled Cheese, Tomato Soup, Fruit Cocktail & Milk	Frito Pie, Sour Cream, Corn, Pineapple & Milk	BBQ Chicken Sandwiches, French Fries, Mixed Veggies & Milk	FALL BREAK!!
PM Snack	Cinnamon Roll-Ups & Applesauce	Brownies & Milk	Warm Apple Crisp & Milk	Chocolate Pudding & Marshmallows	
WEEK 3	13	14	15	16	17
Breakfast	Bagels, Pears & Milk	Hot Oatmeal, Pineapple & Milk	Cinnamon Toast, Peaches & Milk	Biscuits, Jelly, & Milk	Waffles, Pears & Milk
AM Snack	Sliced Apples & Cheese	Orange and Banana Smoothie	Cheddar Cheese Squares & Town House Crackers	Strawberry Cheese Tart	Ambrosia Fruit Salad & Saltines
LUNCH	Chicken Scalloped Potatoes, Green Beans, Peaches & Milk	Wow! Butter w/Jelly Sandwiches, Potato Chips, Pears & Milk	Chicken Noodle Soup, Bread, Mandarin Oranges & Milk	Sloppy Joes, Baked Beans, Pineapple & Milk	Penne Past w/Meat Sauce, Salad, Fruit Cocktail & Milk
PM Snack	Crumb Cake & Milk	Banana Pudding & Vanilla Wafers	Trail Mix & Oranges	Blueberry Muffins & Milk	Cucumber w/Ranch & Saltines
WEEK 4	20	21	22	23	24
Breakfast	Cream of Wheat, Pineapple & Milk	Cereal, Bananas & Milk	English Muffins, Jelly, Applesauce & Milk	Bagels, Cream Cheese, Jelly & Milk	Hot Oatmeal, Peaches & Milk
AM Snack	Animal Crackers & Vanilla Yogurt	Honey dew Melon & Saltines	Strawberry Yogurt & Animal Crackers	Warm Apple Crisp & Milk	Tortilla & Cheese
LUNCH	Cheesy Potato Soup, Saltines, Peaches & Milk	Shepherd's Pie, Garlic Bread, Brown Gravy, Pears & Milk	Turkey Sandwiches, Tator Tots, Pickles & Milk	Mac and Cheese, Peas, Pineapple & Milk	Cream of Broccoli Soup, Saltines, Peas & Milk
PM Snack	Celery w/Cream Cheese	Rice Krispie Treats & Milk	Vanilla Wafers & Vanilla Pudding	Cantaloupe & Letter Crackers	Brownies & Milk
WEEK 5	27	28	29	30	31
Breakfast	Cinnamon Toast, Sliced Oranges & Milk	French Toast, Pears & Milk	Cereal, Bananas & Milk	Scrambled Eggs w/Cheese & Ham Cups, Toast & Milk	English Muffins, Jelly & Milk
AM Snack	Pumpkin Bread & Milk	String Cheese & Saltines	Trail Mix & Oranges	Jello w/Fruit & Town House Crackers	Cantaloupe & Saltines
LUNCH	Hamburgers, Potato Chips, Corn, Pickles & Milk	Chicken Fettuccini Alfredo, Peas, Fruit Cocktail & Milk	Taco Soup w/Sour Cream and Tortilla Chips, Pineapple & Milk	Chicken Nuggets, Mashed Potatoes, Mixed Veggies & Milk	Tuna Noodle Casserole, Green Beans, Peaches & Milk
PM Snack	Applesauce & Saltines	Pineapple Upside Down Cake & Milk	Chocolate Chip Cookies & Milk	Oranges & Town House Crackers	Banana Bread & Milk