



Covenant Schools of Rio Rancho-January 2015



89	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				1	2
Breakfast				Closed for	Blueberry Pancakes & Milk
AM Snack				New Year's Day!	String Cheese & Sliced Oranges
LUNCH					Barbecue Chicken Sandwiches, Pineapples, Coleslaw, & Milk
PM Snack					Vanilla Wafers & Milk
WEEK 2	5	6	7	8	9
Breakfast	Waffles, Peaches, & Milk	Biscuits & Gravy, Mixed Fruit, & Milk	Hot Oatmeal, Pears, & Milk	Cereal, Mixed Fruit, & Milk	Cinnamon Toast, Peaches, & Milk
AM Snack	Jell-O & Animal Crackers	Celery & Ranch	Cinnamon Letter Cookies & Milk	Trail Mix & Juice	Tortillas & Sliced Cheese
LUNCH	Shepherd's Pie with Vegetables, Pears, & Milk	Chicken Caesar Salad, Peaches, & Milk	Salisbury Steak with Gravy, Mashed Potatoes, Pineapples, & Milk	Penne Pasta with Meat Sauce, Cooked Carrots, Pears, & Milk	Taco Salad, Mandarin Oranges, & Milk
PM Snack	Cheese & Pretzels	Yams & Marshmallows	Bananas & Chocolate Pudding	Rice Krispie Treats & Milk	Jelly Roll Ups
WEEK 3	12	13	14	15	16
Breakfast	French Toast, Peaches, & Milk	Scrambled Eggs, Toast, Mixed Fruit, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Pears, & Milk	Hot Oatmeal, Pears, & Milk
AM Snack	Trail Mix & Sliced Oranges	Cucumbers & Ranch	Sliced Apples & Cheese	Fruit Cocktail & Crackers	Sliced Oranges & Grahams
LUNCH	Hamburgers, Chips, Pickles, Pears, & Milk	Bean & Cheese Burritos, Pineapple, & Milk	Frito Pie, Peaches, Corn, & Milk	Chicken Nuggets, Salad, Peaches, & Milk	Chili & Cheese Tater-tot Casserole, Mixed Vegetables, Pears, & Milk
PM Snack	Jell-O & Whipped Cream	Cranberry Biscuits & Milk	Applesauce Cake & Milk	Yogurt & Animal Crackers	Celery & Wow! Butter
WEEK 4	19	20	21	22	23
Breakfast	Closed	Bagels, Cream Cheese, Bananas, & Milk	Cream of Wheat, Pears, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk
AM Snack	For	Wheat Thins & Fruit Cocktail	Cornbread & Juice	Animal Crackers & Fruit Cocktail	Yogurt & Graham Crackers
LUNCH	Martin Luther	Teriyaki Chicken & Rice, Pineapple, Broccoli, & Milk	Beef Stew with Vegetables, Bread, Peaches, & Milk	Chicken Broccoli Divan, Mandarin Oranges, & Milk	Vegetable Soup, Crackers, Pears, & Milk
PM Snack	King, Jr. Day!	Goldfish & Juice	Pretzels & Cheese	Sliced Oranges & Saltines	Townhouse Crackers & Pudding
WEEK 5	26	27	28	29	30
Breakfast	Biscuits, Jelly, & Milk	Ham & Cheese Egg Cups, Mixed Fruit, & Milk	Oatmeal with Fruit & Milk	Cereal, Bananas, & Milk	Cinnamon Toast, Pears, & Milk
AM Snack	Pretzels & Applesauce	Bananas & Grahams	Cheese & Crackers	Granola Bars & Milk	Cheez-its & Juice
LUNCH	Sloppy Joes, Baked Beans, Pears, & Milk	Macaroni & Cheese, Peas, Peaches, & Milk	Cheesy Potato Soup, Pineapple, Bread, & Milk	Ham & Cheese Sandwiches, Chips, Pickles, Pears, & Milk	Chicken Alfredo, Green Beans, Peaches, & Milk
PM Snack	Trail Mix & Applesauce	Blueberry Cake & Milk	Banana Bread & Juice	Vanilla Pudding & Vanilla Wafers	Sliced Oranges & Animal Crackers