

Covenant Schools of Rio Rancho January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Closed	Bagels, Cream Cheese, & Juice	Assorted Fruit Muffins & Milk	Cream of Wheat, Fruit, & Milk	French Toast Sticks, Fruit & Milk
AM Snack	For	Goldfish & Fruit	Oranges & Pretzels	Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	New Year's Day!	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Hamburger Vegetable Soup, Rice, Fruit, & Milk	<u>Spaghetti</u> with Marinara Sauce, Salad, and Milk	Bean & Cheese Tacos, Salad, & Milk
PM Snack		Apples & Graham Crackers	Olives & Cheese	Cucumbers & Saltines	Bananas & Graham Crackers
WEEK 2	8	9	10	11	12
Breakfast	Cream of Wheat, Fruit & Milk	Cereal, Bananas, & Milk	Oatmeal, Blueberries, & Milk	Pancakes, Fruit, & Milk	Waffles, Fruit, & Milk
AM Snack	Goldfish & Juice	Apricots & Animal Crackers	Fresh Vegetables & Hummus	Strawberry Yogurt	Cucumbers & Hummus
LUNCH	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Quesadillas, Baked Beans, Avocado, & Milk	Red Chile Enchiladas, Salad, Fruit & Milk	Chef Salad with Ham, Cheese, Hardboiled Eggs, Croutons, Fruit & Milk	<u>Chicken Curry</u> , Rice, Peas, and Milk
PM Snack	Berries & Saltines	Pretzels & Olives	Carrot Sticks & Ranch	Oranges & Pretzels	Bananas & Graham Crackers
WEEK 3	15	16	17	18	19
Breakfast	Closed	Hardboiled Eggs, Fruit, & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches, & Milk	Bagels and Cream Cheese, Fruit & Milk
AM Snack	For	Goldfish & Juice	Oranges & Pretzels	Yogurt & Blueberries	Cucumbers & Crackers
LUNCH	Martin Luther King, Jr.	Zuppa Toscana (Sausage, Kale, Potatoes & Cream), Fruit & Milk	Posole with Pork, Tortillas, Fruit & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple & Milk	Macaroni & Cheese w/ Peas, Fruit & Milk
PM Snack	Day	Apples & Graham Crackers	Fresh Fruit & Animal Crackers	Celery & Hummus	Oranges & Pretzels
WEEK 4	22	23	24	25	26
Breakfast	Assorted Muffins & Milk	Cereal, Bananas & Milk	Bagels, Jelly, Cream Cheese & Milk	Hardboiled Eggs, Pitas, & Milk	Waffles, Blueberries, & Milk
AM Snack	Pretzels & Juice	Cheese & Crackers	Bananas & Graham Crackers	Fresh Vegetables & Ranch	Yogurt & Animal Crackers
LUNCH	Sloppy Joes, Chips, Pickles, & Milk	Vegetable Barley Soup, Fruit, & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Fruit & Milk	Penne Pasta Bake with Marinara Sauce, Salad, & Milk	Cajun Sausage & Bean Soup, Rice, Fruit, & Milk
PM Snack	Goldfish & Sliced Apples	Fresh Fruit & Animal Crackers	Ham & Cheese	Pretzels & Oranges	Tortillas & Jelly
WEEK 5	29	30	31	National Holidays: 1	he steadfast love of the Lord never ceases;
Breakfast	Hardboiled Eggs, Fruit, & Milk	Assorted Fruit Muffins & Milk	Cereal, Fruit, & Milk	4: Spaghetti Day th	his mercies never come to an end; ney are new every morning;
AM Snack	Ham & Crackers	Pretzels & Fruit	Goldfish & Juice	9: Apricot Day	great is your faithfulness.
LUNCH	Mini Pizzas with Pepperoni, Salad, Pineapple, & Milk	Chicken Fettucine Alfredo, Fruit, & Milk	Turkey Sandwiches, Pickles, Fruit, & Milk	12: Curried Chicken Day	
PM Snack	Pitas & Hummus	Cucumbers & Ranch	Yogurt & Berries		