



Covenant Schools of Rio Rancho July 2023 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Blueberry Muffins & Milk	Closed for Independence Day!	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	Egg Cups, Fruit, and Milk
AM Snack	Carrot Sticks & Ranch		Strawberry Yogurt	Fresh Vegetables & Ranch	Pretzels & Cheese
LUNCH	Bean & Cheese Tacos, Corn, Fruit, & Milk		Chef Salad w/ Ham & Cheese, Croutons, Fruit, & Milk	Tater-Tot Casserole w/ Mixed Veggies, Fruit, & Milk	Teriyaki Chicken, Hawaiian Macaroni Salad, Fruit, & Milk
PM Snack	Bananas & Animal Crackers		Apples & <u>Graham Crackers</u>	Berries & Vanilla Wafers	Oranges & Pretzels
WEEK 2	10	11	12	13	14
Breakfast	Cereal, Bananas, & Milk	<u>Blueberry Muffins</u> & Milk	Egg Cups, Fruit, & Milk	English Muffins, Jelly, & Milk	Oatmeal, Fruit, & Milk
AM Snack	Lunch Meat & Crackers	Goldfish & Juice	Olives & Pretzels	Cheese & Crackers	Carrot Sticks & Ranch
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Ham & Cheese Sandwiches, Carrot Sticks, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Meatballs w/ Mashed Potatoes, Gravy, Fruit, & Milk	<u>Macaroni & Cheese</u> with Peas, Fruit, & Milk
PM Snack	Oranges & Pretzels	Bananas & Graham Crackers	Apples & Animal Crackers	Yogurt & Berries	String Cheese & Lunch Meat
WEEK 3	17	18	19	20	21
Breakfast	Assorted Fruit Muffins & Milk	Cereal, Bananas, & Milk	Yogurt Parfaits with Fruit & Cheerios & Milk	Waffles, Fruit, & Milk	Hardboiled Eggs, Pitas, Fruit, & Milk
AM Snack	Cheese & Crackers	Cucumbers & Hummus	Pretzels & Sliced Olives	Strawberry Yogurt	Apple Juice & Goldfish
LUNCH	Alfredo Pasta, Salad, Fruit, & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Fruit, & Milk	Meatball Sandwiches, Salad, Chips, & Milk	Salami Sandwiches, Pickles, Fruit & Milk	Taco Salad w/ Beef, Beans, & Cheese, Fruit, & Milk
PM Snack	Orange Juice & Goldfish	Cantaloupe & Animal Crackers	Apples & Graham Crackers	Oranges & Pretzels	Bananas & Vanilla Wafers
WEEK 4	24	25	26	27	28
Breakfast	Cereal, Bananas, & Milk	French Toast, Fruit, & Milk	Yogurt Parfaits & Milk	Hardboiled Eggs, Salsa, & Milk	Pancakes, Fruit, & Milk
AM Snack	Pitas & Hummus	Carrot Sticks & Ranch	Cranberry Juice & Goldfish	Cucumbers & Ranch	Yogurt & Blueberries
LUNCH	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Chicken Stir Fry with Vegetables and Rice, Fruit, & Milk	Penne Pasta in Marinara, Rolls, Fruit, and Milk	Italian Pasta Salad w/ Spinach, Tomatoes, Ham & Cheese, Fruit, & Milk
PM Snack	String Cheese & Lunch Meat	Frozen Berry Yogurt	Cheese & Crackers	Oranges & Pretzels	Watermelon & Saltines
WEEK 5	31				
Breakfast	Blueberry Bagel & Milk				Special Days:
AM Snack	Hummus & Pitas				July 5th: Graham Cracker Day
LUNCH	Sloppy Joes, Fruit, Cucumbers, & Milk				July 7th: Macaroni Day
PM Snack	Oranges & Animal Crackers				July 11th: Blueberry Muffin Day
					July 14th: Macaroni & Cheese Day