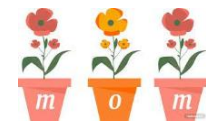





Covenant School of Rio Rancho- May 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Yogurt Parfaits with Blueberries & Milk	Bagels and Cream Cheese, Bananas & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Maple Syrup, & Orange Juice	English Muffins, Jelly, & Milk
AM Snack	Carrot Sticks & Ranch	Pretzels & Cheese	Bell Peppers & Hummus	Animal Crackers & Bananas	Yogurt & Blueberries
LUNCH	Pasta in Alfredo Sauce with Peas, Fruit, & Milk	Hamburgers, Chips, Pickles, Fruit, & Milk	Italian Pasta Salad with Cheese, Tomatoes, Kale, & Ham, Fruit, & Milk	Hamburger Vegetable Soup with Rice, Fruit, & Milk	Turkey Sandwiches, Fruit, Chips, & Milk
PM Snack	Jell-O & Fruit	Blueberries & Animal Crackers	Goldfish & Juice	Cucumbers & Saltines	Pretzels & Cheese
WEEK 2	8	9	10	11	12
Breakfast	Egg Cups, Fruit, & Milk	Cereal, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Biscuits, Jelly, Fruit, & Milk	Waffles, Blueberries, & Milk
AM Snack	Oranges & Pretzels	Tortillas & Jelly	Animal Crackers & Bananas	Yogurt & Graham Crackers	Animal Crackers & Fruit
LUNCH	Chicken Fajitas (Chicken, Onions, and Bell Peppers), Tomatoes, Cheese, & 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	Chef Salad with Ham, Cheese, & Croutons, Pineapple, & Milk
PM Snack	Applesauce & Saltines	Bell Peppers & Ranch	Pretzels & Berries	Saltines & Cheese	Carrots & Hummus
WEEK 3	15	16	17	18	19
Breakfast	Assorted Fruit Muffins & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Fruit, & Milk	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk
AM Snack	Crackers & Cheese	Goldfish & Juice	Pitas & Hummus	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Taco Salad (Tortilla Chips, Lettuce, Beans, Tomatoes), Fruit, & Milk	BBQ Pork, Rolls, Baked Beans, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk
PM Snack	Jell-O & Fruit	String Cheese & Pretzels	Graham Crackers & Berries	Oranges & Crackers	Bananas & Graham Crackers
WEEK 4	22	23	24	25	26
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	Hamburger & Rice Casserole, Peas, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Peas, & Milk	Bean Soft Tacos, Corn, Peaches, & Milk	Sloppy Joes, Baked Beans, Fruit, & Milk
PM Snack	Pretzels & Cheese	Carrot Sticks & Ranch	Apples & Graham Crackers	Olives & Cheese	Bananas & Animal Crackers
WEEK 5	29	30	31	National Holidays:	
Breakfast	Closed for Memorial Day!	Hardboiled Eggs, Bananas, & Milk	Waffles, Blueberries, & Milk	4 th : Orange Juice Day	
AM Snack		Goldfish & Juice	Cucumbers & Hummus	15 th : Muffins for Mom	
LUNCH		Salami Sandwiches, Pickles, Peaches, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	16 th : BBQ Day	
PM Snack		Apples & Cheese	Frozen Berry Yogurt	19 th : Pizza Party Day	



Jeremiah 29:11
 "For I know the plans
 I have for you", declares
 the LORD, "plans to prosper
 you and not to harm you, plans to
 give you hope and a future."