

Covenant Schools of Rio Rancho November 2020



AM SnackCheese & CrackersGoldfish & JuiceCrackers & HamCarrot Sticks & RanchYogurt & PretzeLUNCHMeatball Vegetable Soup, Rice, Fruit & MilkHam and Cheese, Sandwiches, Pickles, Fruit, & MilkCheesy Broccoli Soup with Rice, Saltines, Fruit, & MilkGreen Chile Chicken Soup, Tortillas, Fruit, & MilkRed Beans & Rice Sliced Sausage, FruitPM SnackOranges & PretzelsJell-O with FruitFresh Fruit and PretzelsMarshmallows & Graham CrackersTortilla Chips & Nach CheeseWEEK 2910111213BreakfastEnglish Muffins, Jelly, & MilkFrench Toast Sticks, Fruit, & MilkCereal, Bananas, & MilkBlueberry Oatmeal & MilkCinnamon Toast, & MilkAM SnackJuice & GoldfishOranges & CrackersTortillas & CheeseYogurt & Graham CrackersCelery & Wowl Bi & MilkLUNCHCorn Chowder, Saltines, Fruit, & MilkMacaroni & Cheese, Peas, Fruit, & MilkChicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & MilkBean and Cheese Tacos, Salad, Fruit, & MilkMini Pizzas, Salad, & MilkPM SnackApples & Graham CrackersPudding & Vanilla WafersOroes & MilkBananas & Animal CrackersPumpkin Bread & & MilkPM SnackBananas & Graham CrackersJuice & Animal CrackersCheese, Saltines, Fruit, & MilkBean and CheesePumpkin Bread & & Salad, Fruit, & MilkPM SnackApples & Graham CrackersJuice & Animal CrackersCheese, Saltines, Fruit, & MilkEgg Cups, Fruit, & Fruit, & MilkMEEK 3<							
Breakfast Bagels, Jelly, & Milk Cereal, Bananas, & Milk Blueberry Muffins & Milk Mini Doughnuts, Fruit, & Milk Biscuits, Jelly, & AM Snack Cheese & Crackers Goldfish & Juice Crackers & Harm Carrot Sticks & Ranch Yogunt & Pretze LUNCH Meatball Vegetable Soup, Rice, Fruit & Milk Harm and Cheese Sandwiches, Pickles, Fruit, & Milk Cheese Broccil Soup with Rice, Sattines, Fruit, & Milk Green Chile Chicken Soup, Tortillas, Fruit, & Milk Red Beans & Rice Sticed Sausage, Fruit PM Snack Oranges & Pretzels Jell-O with Fruit Fresh Fruit and Pretzels Marshmallows & Graham Crackers Tortilla Chips & Nacho Chee WEEK 2 9 10 11 12 13 Breakfast English Muffins, Jelly, & Milk French Toast Sticks, Fruit, & Milk Cereal, Bananas, & Milk Blueberry Oatmeal & Milk Cinnamon Toast, & Milk AM Snack Juice & Goldfish Oranges & Crackers Tortillas & Cheese Yogunt & Graham Crackers Celery & Wowl Bit LUNCH Com Chowder, Saltines, Fruit, & Milk Macaroni & Cheese, Peas, Fruit, & Milk Fruit, & Milk Bananas & Animal Crackers Pumpkin Bread & WEEK 3 16		Monday	Tuesday	Wednesday	Thursday	Friday	
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LUNCH Meatball Vegetable Soup, Rice, Fruit & Milk Ham and Cheese Sandwiches, Pickles, Fruit, & Milk Cheesy Broccoli Soup with Rice, Saltines, Fruit, & Milk Green Chile Chicken Soup, Tortillas, Fruit, & Milk Red Beans & Rice Sliced Sausage, Fruit Rice, Saltines, Fruit, & Milk PM Snack Oranges & Pretzels Jell-O with Fruit Fresh Fruit and Pretzels Marshmallows & Graham Crackers Tortilla Shikk WEEK 2 9 10 11 12 13 Breakfast English Muffins, Jelly, & Milk French Toast Sticks, Fruit, & Milk Cereal, Bananas, & Milk Blueberry Oatmeal & Milk Cinnamon Toast, & Milk AM Snack Juice & Goldfish Oranges & Crackers Tortillas & Cheese Yogurt & Graham Crackers Celery & Wowl Bit LUNCH Corn Chowder, Sattines, Fruit, & Milk Macaroni & Cheese, Peas, Fruit, & Milk Chicken Noodle Soup with Mike Bean and Cheese Tacos, Salad, Fruit, & Milk Miln Pizzas, Salad, & Milk PM Snack Apples & Graham Crackers Pudding & Vanilla Wafers Oreos & Milk Bananas & Animal Crackers Pumpkin Bread & Milk AM Snack Bananas & Graham Crackers Juice & Animal Crackers Cheese & Saltines Cucumbers & Ranch Yogurt & Bluebert	Breakfast	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Mini Doughnuts, Fruit, & Milk	Biscuits, Jelly, & Milk	
LUNCHIntegrable South, Rice, Fruit, & MilkSandwiches, Pickles, Fruit, & MilkCreasy Biocoli South MilkTortillas, Fruit, & MilkSliced Sausage, FruiPM SnackOranges & PretzelsJell-O with FruitJell-O with FruitFresh Fruit and PretzelsMarshmallows & Graham Crackers& Nacho Chee & Nacho CheeWEEK 2910111213BreakfastEnglish Muffins, Jelly, & MilkFrench Toast Sticks, Fruit, & MilkCereal, Bananas, & MilkBlueberry Oatneal & MilkCinnamon Toast, I & MilkAM SnackJuice & GoldfishOranges & CrackersTortillas, Schules, Fruit, & MilkYogurt & Graham CrackersCelery & Wowl Bi & MilkLUNCHCom Chowder, Saltines, Fruit, & MilkMacaroni & Cheese, Peas, Fruit, & MilkChicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & MilkBean and Cheese Tacos, Salad, Fruit, & MilkMini Pizzas, Salad, & MilkPM SnackApples & Graham CrackersPudding & Vanilla WafersOreos & MilkBananas & Animal CrackersPumpkin Bread & & MilkM SnackBananas & Graham CrackersJuice & Animal CrackersCheese & Saltines, Soup, Salines, Fruit, & MilkSpaghetti with Marinara Sauce, Salad, Fruit, & MilkEgg Cups, Fruit, & Fruit, & MilkPM SnackPretzels & Wowl ButterJell-O with FruitFresh Fruit, & MilkSpaghetti with Marinara Sauce, Salad, Fruit, & MilkChicken Nuggets, Fruit, &	AM Snack	Cheese & Crackers	Goldfish & Juice	Crackers & Ham	Carrot Sticks & Ranch	Yogurt & Pretzels	
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BreakfastEnglish Muffins, Jelly, & MilkFrench Toast Sticks, Fruit, & MilkCereal, Bananas, & MilkBlueberry Oatmeal & MilkCinnamon Toast, & & MilkAM SnackJuice & GoldfishOranges & CrackersTortillas & CheeseYogurt & Graham CrackersCelery & Wowl BrLUNCHCorn Chowder, Saltines, Fruit, & MilkMacaroni & Cheese, Peas, Fruit, & MilkChicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & MilkBean and Cheese Tacos, Salad, Fruit, & MilkMini Pizzas, Salad, & Mini Pizzas, Salad, & MilkPM SnackApples & Graham CrackersPudding & Vanilla WafersOreos & MilkBananas & Animal CrackersPumpkin Bread & WilkWEEK 31617181920BreakfastBlueberry Muffins & MilkCereal, Bananas, & MilkBagels, Jelly, & MilkWaffles, Fruit, & MilkEgg Cups, Fruit, & & MilkAM SnackBananas & Graham CrackersJuice & Animal CrackersCheese & SaltinesCucumbers & RanchYogurt & BlueberLUNCHTaco Lasagna with Cheese, Beef, Beans, and Corn, Fruit, & MilkCajun Sausage and Red Bean Soup, Saltines, Fruit, & MilkGreen Chile Beef Stew, Tortillas, Fruit, & MilkSpaghetti with Marinara Sauce, Salad, Fruit, & MilkChicken Nuggets, S Fruit, & MilkPM SnackPretzels & Wowl ButterJell-O with FruitFresh Fruit, & PretzelsApples & String CheeseCarrot Sticks & Sa Carrot Sticks & Sa Sausage, Fruit, & MilkPM SnackCreeal, Bananas, & MilkHardboiled Eggs (Diced), Sausage, Fruit, & MilkYogurt Parlaits with Blueberr	PM Snack	Oranges & Pretzels	Jell-O with Fruit	Fresh Fruit and Pretzels		Tortilla Chips & Nacho Cheese	
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LUNCH Corn Chowder, Saltines, Fruit, & Milk Macaroni & Cheese, Peas, Fruit, & Milk Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & Milk Bean and Cheese Tacos, Salad, Fruit, & Milk Mini Pizzas, Salad, & Milk PM Snack Apples & Graham Crackers Pudding & Vanilla Wafers Oreos & Milk Bananas & Animal Crackers Pumpkin Bread & WEEK 3 16 17 18 19 20 Breakfast Blueberry Muffins & Milk Cereal, Bananas, & Milk Bagels, Jelly, & Milk Waffles, Fruit, & Milk Egg Cups, Fruit, & AM Snack Bananas & Graham Crackers Juice & Animal Crackers Cheese & Saltines Cucumbers & Ranch Yogurt & Blueber LUNCH Taco Lasagna with Cheese, Beef, Beans, and Com, Fruit, & Milk Cajun Sausage and Red Bean Soup, Saltines, Fruit, & Milk Green Chile Beef Stew, Tortillas, Fruit, & Milk Spaghetti with Marinara Sauce, Salad, Fruit, & Milk Chicken Nuggets, S Fruit, & Milk PM Snack Pretzels & Wow! Butter Jell-O with Fruit Fresh Fruit & Pretzels Apples & String Cheese Carrot Sticks & Sa WEEK 4 23 24 25 26 27 Breakfast Cereal, Bananas, & Milk Hardboiled Eggs (Diced), Sausage, Fruit, & Milk Milk Milk Clos	Breakfast	English Muffins, Jelly, & Milk		Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Cinnamon Toast, Fruit, & Milk	
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BreakfastBlueberry Muffins & MilkCereal, Bananas, & MilkBagels, Jelly, & MilkWaffles, Fruit, & MilkEgg Cups, Fruit, &AM SnackBananas & Graham CrackersJuice & Animal CrackersCheese & SaltinesCucumbers & RanchYogurt & BlueberLUNCHTaco Lasagna with Cheese, Beef, Beans, and Corn, Fruit, & MilkCajun Sausage and Red Bean Soup, Saltines, Fruit, & MilkGreen Chile Beef Stew, 	PM Snack	Apples & Graham Crackers	Pudding & Vanilla Wafers	Oreos & Milk	Bananas & Animal Crackers	Pumpkin Bread & Milk	
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LUNCH Taco Lasagna with Cheese, Beef, Beans, and Corn, Fruit, & Milk Cajun Sausage and Red Bean Soup, Saltines, Fruit, & Milk Green Chile Beef Stew, Tortillas, Fruit, & Milk Spaghetti with Marinara Sauce, Salad, Fruit, & Milk Chicken Nuggets, S Fruit, & Milk PM Snack Pretzels & Wow! Butter Jell-O with Fruit Fresh Fruit & Pretzels Apples & String Cheese Carrot Sticks & Sa WEEK 4 23 24 25 26 27 Breakfast Cereal, Bananas, & Milk Hardboiled Eggs (Diced), Sausage, Fruit, & Milk Yogurt Parfaits with Blueberries and Cheerios & Milk Closed for Thanksgiving E AM Snack Goldfish & Juice Cheese & Crackers Carrot Sticks & Ranch Image: Stick Stick & Sa LUNCH Turkey, Mashed Potatoes, Green Beans, Cranberry Pork Posole, Tortillas, Fruit, & Milk Creamy Turkey Soup with Mixed Vergings Eruit & Milk Creamy Turkey Soup with Mixed Vergings Eruit & Milk	Breakfast	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Waffles, Fruit, & Milk	Egg Cups, Fruit, & Milk	
LUNCHBeef, Beans, and Corn, Fruit, & MilkCajuli Sadsage and Red Bean Soup, Saltines, Fruit, & MilkClicken Rudgets, C Sauce, Salad, Fruit, & MilkChicken Rudgets, C Fruit, & MilkPM SnackPretzels & Wow! ButterJell-O with FruitFresh Fruit & PretzelsApples & String CheeseCarrot Sticks & SaWEEK 42324252627BreakfastCereal, Bananas, & MilkHardboiled Eggs (Diced), Sausage, Fruit, & MilkYogurt Parfaits with Blueberries and Cheerios & MilkClosed forThanksgiving EAM SnackGoldfish & JuiceCheese & CrackersCarrot Sticks & RanchClosed forThanksgiving ELUNCHTurkey, Mashed Potatoes, Green Beans, CranberryPork Posole, Tortillas, Fruit, & MilkCreamy Turkey Soup with MilkeCreamy Turkey Soup with MilkeCreamy Turkey Soup with Milke	AM Snack	Bananas & Graham Crackers	Juice & Animal Crackers	Cheese & Saltines	Cucumbers & Ranch	Yogurt & Blueberries	
WEEK 4 23 24 25 26 27 Breakfast Cereal, Bananas, & Milk Hardboiled Eggs (Diced), Sausage, Fruit, & Milk Yogurt Parfaits with Blueberries and Cheerios & Milk Closed for Thanksgiving E AM Snack Goldfish & Juice Cheese & Crackers Carrot Sticks & Ranch Image: Comparison of the structure of the s	LUNCH	Beef, Beans, and Corn, Fruit, &	Cajun Sausage and Red Bean Soup, Saltines, Fruit, & Milk			Chicken Nuggets, Salad, Fruit, & Milk	
Breakfast Cereal, Bananas, & Milk Hardboiled Eggs (Diced), Sausage, Fruit, & Milk Yogurt Parfaits with Blueberries and Cheerios & Milk Closed for Thanksgiving E AM Snack Goldfish & Juice Cheese & Crackers Carrot Sticks & Ranch Image: Constraint of the state of	PM Snack	Pretzels & Wow! Butter	Jell-O with Fruit	Fresh Fruit & Pretzels	Apples & String Cheese	Carrot Sticks & Saltines	
Breakfast Cereal, Bananas, & Milk Hardbolied Eggs (Diced), Sausage, Fruit, & Milk Blueberries and Cheerios & Milk Closed for Interfection AM Snack Goldfish & Juice Cheese & Crackers Carrot Sticks & Ranch Interfection	WEEK 4	23	24	25	26	27	
LUNCH Turkey, Mashed Potatoes, Green Beans, Cranberry Pork Posole, Tortillas, Fruit, & Creamy Turkey Soup with Mile Mixed Vergies, Fruit, & Mile	Breakfast	Cereal, Bananas, & Milk		Blueberries and Cheerios	Closed for	Thanksgiving Break!	
LUNCH Green Beans, Cranberry	AM Snack		Cheese & Crackers	Carrot Sticks & Ranch	A PPA		
	LUNCH	Green Beans, Cranberry					
PM Snack Bananas & Graham Crackers Pudding & Pretzels Pumpkin Bread & Milk	PM Snack	Bananas & Graham Crackers	Pudding & Pretzels	Pumpkin Bread & Milk			
WEEK 5 30	WEEK 5	30					
Breakfast Egg Cups, Fruit, & Milk	Breakfast	Egg Cups, Fruit, & Milk			Special Days: • 3 rd : Sandwich Day • 5 th : Doughnut Day • 6 th : Nachos Day • 25 th : Parfait Day		
AM Snack Tortillas & Cheese 5 th : Doughput Day	AM Snack						
LUNCH Hamburger Vegetable Soup, Saltines, Fruit, & Milk	LUNCH	Saltines, Fruit, & Milk					
PM Snack Pretzels & Wow! Butter • 25 ^m : Parfait Day	PM Snack	Pretzels & Wow! Butter					