

## **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	
Breakfast   Bagels, Jelly, & Milk   Cereal, Bananas, & Milk   Blueberry Muffins & Milk   Mini Doughnuts, Fruit, & Milk   Biscuits, Jelly, &     AM Snack   Cheese & Crackers   Goldfish & Juice   Crackers & Harm   Cardt Sticks & Ranch   Yogurt & Pretze     LUNCH   Meatball Vegetable Soup, Rice, Fruit & Milk   Harm and Cheese Sandwiches, Pickles, Fruit, & Milk   Cheese Brockins, Fruit, & Milk   Green Chile Chicken Soup, Tortillas, Fruit, & Milk   Red Beans & Rice Stausage, Fruit     PM Snack   Oranges & Pretzels   Jell-O with Fruit   Fresh Fruit and Pretzels   Marshmallows & Graham Crackers   Tortilla Chips & Graham Crackers     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 B     LUNCH   Com Chowder, Saltines, Fruit, & Milk   Macaroni & Cheese, Peas, Fruit, & Milk   Bananas, & Milk   Bananas & Animal Crackers   Pumpkin Bread & Milk     PM Snack   Apples & Graham Crackers	WEEK 1	2	3	4	5	6	
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	
PM Snack Oranges & Preizels Jell-O with Pruit Presh Pruit allo Preizels & Graham Crackers & Nacho Cheer   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, 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 & Milk   WEEK 3 16 17 18 19 20   Breakfast Blueberry Muffins & Milk Cereal, Bananas, & Milk Bagels, Jelly, & Milk Waffles, Fruit, & Milk Egg Cups, Fruit, & Milk   AM Snack Bananas & Graham Crackers Juice & Animal Crackers Cheese & Saltines Cucumbers & Ranch Yogurt & Blueber   LUNCH Beef, Beans, and Corn, Fruit, &	LUNCH		Sandwiches,	Cheesy Broccoli Soup with Rice, Saltines, Fruit, & Milk		Red Beans & Rice with Sliced Sausage, Fruit, & Milk	
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	
BreakfastEngish Wullinks, Selity, & Wilk& MilkCereal, Bahanas, & MilkBueberry Oatheal & Wilk& MilkAM SnackJuice & GoldfishOranges & CrackersTortillas & CheeseYogurt & Graham CrackersCelery & Wow! BrLUNCHCorn Chowder, Sattines, Fruit, & MilkMacaroni & Cheese, Peas, Fruit, & MilkChicken Noodle Soup with Mixed Vegetables, Sattines, Fruit, & MilkBean and Cheese Tacos, Salad, Fruit, & MilkMini Pizzas, Salad, & MilkPM SnackApples & Graham CrackersPudding & Vanilla WafersOreos & MilkBananas & Animal CrackersPumpkin Bread & WilkWEEK 31617181920BreakfastBlueberry Muffins & MilkCereal, Bananas, & MilkBagels, Jelly, & MilkWaffles, Fruit, & MilkEgg Cups, Fruit, & A MilkAM SnackBananas & Graham CrackersJuice & Animal CrackersCheese & SattinesCucumbers & RanchYogurt & BlueberrLUNCHTaco Lasagna with Cheese, Beef, Beans, and Com, Fruit, & MilkCajun Sausage and Red Bean Soup, Sattines, 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 Closed forWEEK 42324252627BreakfastCereal, Bananas, & MilkHardboiled Eggs (Diced), Sausage, Fruit, & MilkYogurt Parfaits with Blueberries and Cheerios & Milk	WEEK 2	9	10	11	12	13	
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	
LUNCHConn Chowder, Sainties, Fruit, & MilkMacaron is & Cheese, Frait, & MilkMixed Vegetables, Saitines, Fruit, & MilkBean and Cheese Tabos, Salad, Fruit, & MilkMinh Piz2as, Salad, & MilkPM SnackApples & Graham CrackersPudding & Vanilla WafersOreos & MilkBananas & Animal CrackersPumpkin Bread & MilkWEEK 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, Salad, Fruit, & MilkPM SnackPretzels & Wowl 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 EAM SnackGoldfish & JuicePork Posole, Tortillas, Fruit, & MilkCreamy Turkey Soup with MilkClosed forThanksgiving EAM SnackGoldfish & JuiceCheese & Cracke	AM Snack	Juice & Goldfish	Oranges & Crackers	Tortillas & Cheese	Yogurt & Graham Crackers	Celery & Wow! Butter	
WEEK 31617181920BreakfastBlueberry 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, Tortillas, Fruit, & MilkSpaghetti with Marinara Sauce, Salad, Fruit, & MilkChicken Nuggets, S Fruit, & MilkPM SnackPretzels & Wow! ButterJell-O with FruitFresh Fruit & PretzelsApples & String CheeseCarrot Sticks & Sa Carrot Sticks & SaWEEK 42324252627BreakfastCereal, Bananas, & MilkHardboiled Eggs (Diced), Sausage, Fruit, & MilkYogurt Parfaits with Blueberries and Cheerios & MilkClosed forThanksgiving ELUNCHTurkey, Mashed Potatoes, Green Beans, CranberryPork Posole, Tortillas, Fruit, & MilkCreamy Turkey Soup with MilkCreamy Turkey Soup with MilkCreamy Turkey Soup with Milk	LUNCH			Mixed Vegetables, Saltines,		Mini Pizzas, Salad, Fruit, & Milk	
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	
AM Snack Bananas & Graham Crackers Juice & Animal Crackers Cheese & Saltines Cucumbers & Ranch Yogurt & Blueber   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 Suce, Salad, 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 & Sa   LUNCH Green Beans, Cranberry Pork Posole, Tortillas, Fruit, & Milk Creamy Turkey Soup with Mile Creamy Turkey Soup with Mile	WEEK 3	16	17	18	19	20	
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 <sup>rd</sup> : Sandwich Day • 5 <sup>th</sup> : Doughnut Day • 6 <sup>th</sup> : Nachos Day • 25 <sup>th</sup> : Parfait Day		
AM Snack Tortillas & Cheese 5 <sup>th</sup> : Doughput Day	AM Snack						
LUNCH Hamburger Vegetable Soup, Saltines, Fruit, & Milk	LUNCH	Saltines, Fruit, & Milk					
PM Snack Pretzels & Wow! Butter • 25 <sup>m</sup> : Parfait Day	PM Snack	Pretzels & Wow! Butter					