




# Covenant Schools of Rio Rancho November 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<div>  <div> <b>Special Days:</b> <ul style="list-style-type: none"> <li>6th: Nacho Day</li> <li>12th: Chicken Soup Day</li> <li>14th: Pickle Day</li> <li>18th: Pumpkin Pie with Parents</li> </ul> </div> </div>				<b>1</b>
<b>Breakfast</b>					Bagels, Cream Cheese & Milk
AM Snack					Guacamole & Tortilla Chips
<b>LUNCH</b>					Spaghetti w/ Marinara, Salad, Fruit & Mik
PM Snack					Cucumbers & Hummus
<b>WEEK 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b>	Cereal, Bananas & Milk	Cream of Wheat, Fruit & Milk	Pancakes, Fruit & Milk	Blueberry Muffins & Milk	Hard Boiled Eggs, Salsa, Fruit & Milk
AM Snack	Goldfish & Juice	Hard Boiled Eggs & Pita Bread	Cucumbers & Ranch	Yogurt & Pretzels	Tortillas & Cheese
<b>LUNCH</b>	Quesadillas, Salsa, Fruit & Milk	Mac & Cheese w/ Broccoli, Fruit & Milk	Meatball Sandwiches, Chips, Fruit & Milk	Teriyaki Chicken w/ Broccoli & Rice, Fruit & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk
PM Snack	Vanilla Wafers & Milk	Animal Crackers & Apples	Nachos! (Tortilla Chips & Nacho Cheese)	Bananas & Grahams	Pumpkin Bread & Milk
<b>WEEK 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b>	Waffles, Fruit & Milk	Yogurt Parfaits w/ Blueberries & Milk	Biscuits, Jelly & Milk	Bagels, Cream Cheese & Milk	Cereal, Bananas & Milk
AM Snack	Goldfish & Juice	Carrot Sticks & Ranch	Fresh Fruit & Saltines	Pickles! & Cheese	Yogurt & Blueberries
<b>LUNCH</b>	Chili Beans & Rice, Fruit & Milk	Chicken Noodle Soup! w/ Mixed Veggies, Fruit & Milk	Grilled Cheese, Tomato Soup, Fruit & Milk	Posole w/ Pork, Tortillas, Fruit & Milk	Chicken Stir Fry w/ Veggies & Noodles, Fruit & Milk
PM Snack	Cucumbers & Hummus	Apples & String Cheese	Frozen Yogurt & Crackers	Pretzels & Olives	Oranges & Animal Crackers
<b>WEEK 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b>	Blueberry Muffins & Milk	Toast, Jelly & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	French Toast, Fruit & Milk
AM Snack	Cucumbers & Hummus	Goldfish & Juice	Carrot Sticks & Ranch	Yogurt & Pretzels	Hard Boiled Eggs & Pita Bread
<b>LUNCH</b>	Ham & Cheese Sandwiches, Chips, Pickles, Fruit & Milk	Red Chile Soup with Chicken and Vegetables, Spanish Rice, Fruit & Milk	Green Salad, Mozzarella Sticks, Marinara Sauce, Fruit & Milk	Turkey, Green Beans, Mashed Potatoes, Cranberry Sauce & Milk	Bean & Cheese Tacos, Salad, Fruit & Milk
PM Snack	Pumpkin Pie & Whip Cream!	Tortillas & Jelly	Animal Crackers & Fruit	Pudding & Whip Cream	Apples & Grahams
<b>WEEK 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

<b>Breakfast</b>	Hard Boiled Eggs, Tortillas & Milk	Cereal, Bananas & Milk	Pancakes, Fruit & Milk		<b>Closed For Thanksgiving Break 28th &amp; 29th!</b>
AM Snack	Goldfish & Juice	Ham & Crackers	Applesauce & Grahams		
<b>LUNCH</b>	Turkey & Veggie Soup w/ Rice, Fruit & Milk	Penne Pasta w/ Marinara, Salad, Fruit & Milk	Taco Salad with Beans, Beef, Lettuce, & Salsa, Fruit & Milk		
PM Snack	Tortilla chips & Bean Dip	Cucumbers & Ranch	Tortillas & Cheese		