



Covenant School of Rio Rancho April 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays:				1
Breakfast	4: Vitamin C Day				Pancakes, Fruit, & Milk
AM Snack	4: International Carrot Day 7: Burrito Day				Carrot Sticks & Ranch
LUNCH	8: Zoo Lovers Day 18: Animal Crackers Day				Chicken Nuggets, Mashed Potatoes, Fruit & Milk
PM Snack	26: Pretzel Day				Marshmallows & Pretzels
WEEK 2	4	5	6	7	8
Breakfast	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Breakfast Burritos , Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Oranges & Pretzels	Goldfish & Juice	Fresh Berries & Pretzels	Strawberry Yogurt	Berries & Animal Crackers
LUNCH	Hamburger Vegetable Soup w/ Rice, Pineapple , Saltines, & Milk	Italian Pasta Salad with Ham, Spinach, Cheese, & Tomatoes, Chips, Pickles, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Bean & Cheese Burritos , Corn, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk
PM Snack	Carrot Sticks & Hummus	Jell-O w/ Fruit	Apples & Animal Crackers	Cucumbers & Hummus	Oreos & Milk
WEEK 3	11	12	13	14	15
Breakfast	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Waffles, Fruit, & Milk	Closed for
AM Snack	Tortillas & Jelly	Goldfish & Juice	Cheese & Pretzels	Fresh Broccoli & Ranch	Good Friday
LUNCH	Macaroni & Cheese w/ Peas, Fruit, & Milk	Tomato Noodle Soup, Fruit, & Milk	Chicken and Rice Casserole, Peas, Fruit, & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	
PM Snack	Bananas & Graham Crackers	Jell-O w/ Fruit	Oranges & Pretzels	Cucumbers & Saltines	
WEEK 4	18	19	20	21	22
Breakfast	Cream of Wheat, Fruit, & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Blueberry Muffins & Milk
AM Snack	Ham & Crackers	Tortillas & Cheese	Berries & Graham Crackers	Strawberry Yogurt	Carrot Sticks & Ranch
LUNCH	Meatballs, Gravy, Mashed Potatoes, & Milk	Chicken Noodle Soup w/ Mixed Veggies, Saltines, & Milk	Salami Sandwiches, Pickles, Fruit, & Milk	Penne Pasta with Marinara Sauce, Salad, & Milk	Vegetable Noodle Soup, Saltines, Fruit, & Milk
PM Snack	Bananas & Animal Crackers	Pudding	Oranges & Pretzels	Apples & Cheese	Cucumbers & Hummus
WEEK 5	25	26	27	28	29
Breakfast	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Blueberry Muffins & Milk	Cinnamon Raisin Bagels & Milk	Waffles, Fruit, & Milk
AM Snack	Goldfish & Juice	Applesauce & Graham Crackers	Tortillas & Jelly	Cucumbers & Ranch	Yogurt & Blueberries
LUNCH	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Taco Salad w/ Beef, Beans, Tomatoes, & Cheese, Fruit, & Milk	Cheesy Potato Soup, Broccoli, Fruit, & Milk	Beef-A-Roni, Salad, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk
PM Snack	Jell-O w/ Fruit	Pretzels & Cheese	Bananas & Dark Chocolate	Celery & Cream Cheese	Oatmeal Cookies & Milk