



Covenant Schools of Rio Rancho August 2020



		Tuesday	Wednesday	Thursday	Friday
WEEK 1		4	5	6	7
Breakfast	Blueberry Oatmeal & Milk	Waffles, Fruit & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	English Muffins, Jelly & Milk
AM Snack	Goldfish & Juice	Yogurt & Animal Crackers	Cheese & Crackers	Tortillas & Jelly	Carrot Sticks & Ranch
LUNCH	Teriyaki Chicken, Rice, Broccoli, & Milk	Taco Salad, Fruit, & Milk	Mini Pizzas, Salad, & Milk	Chicken Nuggets, Mashed Potatoes, & Milk	Hamburger Vegetable Soup, Saltines, & Milk
PM Snack	*Watermelon & Crackers	Fresh Veggie Sticks & Crackers	Fresh Fruit & Pretzels	Bananas & Vanilla Wafers	Pudding & Pretzels
WEEK 2	10	11	12	13	14
Breakfast	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Blueberry Muffins & Milk	Bagels, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Cheese & Crackers	Yogurt & Blueberries	Goldfish & Juice	Lunch Meat & Crackers	Carrot Sticks & Ranch
LUNCH	Meatballs in Brown Gravy, Mashed Potatoes, & Milk	Chicken & Rice Casserole w/ Green Beans, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	Bean & Cheese Tacos, Corn, & Milk	Chef Salad w/ Ham, Cheese, & Croutons, Fruit, & Milk
PM Snack	Jell-O w/ Fruit	Cucumbers & Saltines	Fresh Fruit & Pretzels	Oreos & Milk	Fresh Fruit & Animal Crackers
WEEK 3	17	18	19	20	21
Breakfast	English Muffins, Fruit, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Waffles, Fruit, & Milk
AM Snack	Goldfish & Juice	Celery Sticks & Ranch	Tortillas & Cheese	Yogurt & Pretzels	Fresh Berries & Animal Crackers
LUNCH	Ham & Cheese Sandwiches, Pickles, & Milk	*Chicken Fajitas w/ Peppers, Cheese, & Sour Cream, Fruit, & Milk	Tater-tot Casserole w/ Mixed Veggies, Fruit & Milk	White Bean Soup, Saltines, & Milk	Quesadilla, Baked Beans, & Milk
PM Snack	Pretzels & Wow! Butter	Fresh Fruit & Graham Crackers	Celery & Wow Butter	Bananas & Vanilla Wafers	Pretzels & Marshmallows
WEEK 4	24	25	26	27	28
Breakfast	Cereal, Bananas, & Milk	Cinnamon Toast, Fruit, & Milk	Bagels, Fresh Fruit & Milk	French Toast Sticks, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Carrot Sticks & Ranch	Tortillas & Cheese	Goldfish & Juice	Fresh Berries & Graham Crackers	Yogurt & Animal Crackers
LUNCH	Salami Sandwiches, Fruit & Milk	Macaroni in Marinara Sauce, Salad, & Milk	Mini Pizzas, Salad, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk	Chicken Noodle Soup with Vegetables, Saltines, & Milk
PM Snack	Jell-O w/ Fruit	Fresh Fruit & Crackers	*Cherry Popsicles & Fresh Fruit	Bananas & Wow Butter	Pudding & Vanilla Wafers
WEEK 5	31			National Holidays! August 3rd: Watermelon Day! August 18th: Fajita Day! August 26th: Cherry Popsicle Day! August 31st: Trail Mix Day!	
Breakfast	Blueberry Muffins & Milk				
AM Snack	*Trail Mix & Juice				
LUNCH	Tomato Soup, Grilled Cheese & Milk				
PM Snack	Celery & Wow! Butter				