



# Covenant Schools of Rio Rancho

## February 2022 Menu



|                  | Monday                                                 | Tuesday                                                | Wednesday                                                              | Thursday                                                   | Friday                                                          |
|------------------|--------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|
| <b>WEEK 1</b>    |                                                        | <b>1</b>                                               | <b>2</b>                                                               | <b>3</b>                                                   | <b>4</b>                                                        |
| <b>Breakfast</b> |                                                        | Cereal, Bananas, & Milk                                | Bagels, Jelly, & Milk                                                  | Blueberry Oatmeal, & Milk                                  | Biscuits, Jelly, & Milk                                         |
| AM Snack         |                                                        | Fresh Berries & Animal Crackers                        | Cheese & Crackers                                                      | Carrot Sticks & Ranch                                      | Cucumbers & Saltines                                            |
| <b>LUNCH</b>     |                                                        | Sausage, Red Beans, & Rice, Fruit, & Milk              | <b>Tater Tot</b> Casserole w/ Mixed Veggies, Fruit, & Milk             | Sloppy Joe's, Chips, Pickles, Fruit, & Milk                | <b>Chicken &amp; Rice Soup w/ Mixed Veggies</b> , Fruit, & Milk |
| PM Snack         |                                                        | Fresh Fruit & Crackers                                 | Oreos & Milk                                                           | Yogurt & Pretzels                                          | Bananas & Vanilla Wafer                                         |
| <b>WEEK 2</b>    | <b>7</b>                                               | <b>8</b>                                               | <b>9</b>                                                               | <b>10</b>                                                  | <b>11</b>                                                       |
| <b>Breakfast</b> | Waffles, Fruit, & Milk                                 | Blueberry Muffins & Milk                               | Cereal, Bananas, & Milk                                                | Bagels, Jelly, & Milk                                      | Cream of Wheat, Fruit, & Milk                                   |
| AM Snack         | Tortillas & Jelly                                      | Goldfish & Juice                                       | Fresh Berries & Grahams                                                | Cheese & Crackers                                          | Celery Sticks & Ranch                                           |
| <b>LUNCH</b>     | Cheesy Broccoli & Potato Soup, Saltines, Fruit, & Milk | Posole, Tortillas, Fruit, & Milk                       | <b>Mini Pizzas</b> , Carrot Sticks, Fruit, & Milk                      | Hamburger Vegetable Soup w/ Rice, Fruit, & Milk            | Chicken Nuggets, Mashed Potatoes, Fruit, & Milk                 |
| PM Snack         | Jell-O with Fruit                                      | Sliced Apples & String Cheese                          | Bananas & Animal Crackers                                              | Carrot Sticks & Pretzels                                   | Yogurt & Animal Crackers                                        |
| <b>WEEK 3</b>    | <b>14</b>                                              | <b>15</b>                                              | <b>16</b>                                                              | <b>17</b>                                                  | <b>18</b>                                                       |
| <b>Breakfast</b> | English Muffins, Jelly, & Milk                         | Cereal, Bananas, & Milk                                | <b>Pancakes</b> , Blueberry, & Milk                                    | Cinnamon Toast, Fruit, & Milk                              | Egg Cups, Fruit, & Milk                                         |
| AM Snack         | Juice & Goldfish                                       | Fresh Fruit & Animal Crackers                          | Cheese Cubes & Pretzels                                                | Yogurt & Grahams                                           | Carrot Sticks & Ranch                                           |
| <b>LUNCH</b>     | Beef Stroganoff w/ Peas, Fruit, & Milk                 | Ham & Cheese Sandwiches, Chips, Pickles, Fruit, & Milk | Green Chile Chicken Soup, Tortillas, Fruit, & Milk                     | Teriyaki Chicken, Rice, Broccoli, Fruit, & Milk            | Vegetable Barley Soup, Crackers, Fruit, & Milk                  |
| PM Snack         | Tortilla Chips & Nacho Cheese                          | Jell-O with Fruit                                      | Goldfish & Juice                                                       | Cucumbers & Saltines                                       | Bananas & Vanilla Wafers                                        |
| <b>WEEK 4</b>    | <b>21</b>                                              | <b>22</b>                                              | <b>23</b>                                                              | <b>24</b>                                                  | <b>25</b>                                                       |
| <b>Breakfast</b> | <b>Closed</b>                                          | Bagels, Jelly, & Milk                                  | Blueberry Muffins & Milk                                               | Cream of Wheat, Fruit, & Milk                              | Waffles, Fruit, & Milk                                          |
| AM Snack         | <b>For</b>                                             | Goldfish & Juice                                       | Bananas & Grahams                                                      | Carrot Sticks & Crackers                                   | Cucumbers & Ranch                                               |
| <b>LUNCH</b>     | <b>Presidents</b>                                      | Tomato Noodle Soup, Saltines, Fruit, & Milk            | Spaghetti in Marinara, Salad, Fruit, & Milk                            | Frito Pie with <b>Chili</b> & Cheese, Salad, Fruit, & Milk | Bean & Cheese Tacos, Corn, Fruit & Milk                         |
| PM Snack         | <b>Day!</b>                                            | Cheese & Pretzels                                      | Oreos & Milk                                                           | Yogurt & Pretzels                                          | Marshmallows & Grahams                                          |
| <b>WEEK 5</b>    | <b>28</b>                                              |                                                        |                                                                        |                                                            |                                                                 |
| <b>Breakfast</b> | Blueberry Oatmeal, & Milk                              |                                                        | <b>National Holidays:</b>                                              |                                                            |                                                                 |
| AM Snack         | Ham & Crackers                                         |                                                        | 2 <sup>nd</sup> : Tater Tot Day<br>4 <sup>th</sup> : Homemade Soup Day |                                                            |                                                                 |
| <b>Lunch</b>     | Meatball Sandwiches, Carrot Sticks, Fruit, & Milk      |                                                        | 9 <sup>th</sup> : Pizza Day<br>16 <sup>th</sup> : Pancake Day          |                                                            |                                                                 |
| PM Snack         | Apples & Graham Crackers                               |                                                        | 24 <sup>th</sup> : Chili Day                                           |                                                            |                                                                 |

