



Covenant Schools of Rio Rancho January 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Closed	Blueberry Muffins & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	French Toast Sticks, Fruit & Milk
AM Snack	For	Goldfish & Juice	Oranges & Pretzels	Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	New Year's	<u>Spaghetti</u> with Marinara Sauce, Salad, and Milk	Chicken Noodle Soup w/ Mixed Veggies, Saltines, Fruit & Milk	White Chili <u>Bean</u> Soup, Tortilla Chips, Fruit & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk
PM Snack	Break	Jell-O w/ Fruit	Applesauce & Graham Crackers	Cucumbers & Saltines	Pretzels & Marshmallows
WEEK 2	10	11	12	13	14
Breakfast	Waffles, Fruit & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Cream of Wheat, Fruit & Milk	Breakfast Casserole, Fruit, & Milk
AM Snack	Goldfish & Juice	Fresh Berries & Animal Crackers	Pretzels & Cheese	Strawberry Yogurt	Celery Sticks & Ranch
LUNCH	Green Chile Chicken Soup, Tortillas, Fruit & Milk	Fish Sticks, Tortillas, Avocado, & Milk	<u>Chicken Curry</u> , Rice, Peas, and Milk	Red Chile Beef Enchiladas, Fruit & Milk	Cajun Sausage & Red Bean Soup, Saltines, Fruit & Milk
PM Snack	Pudding & Pretzels	Bananas & Graham Crackers	Carrot Sticks & Crackers	Cherry Apple Oatmeal Bars	Bananas & Graham Crackers
WEEK 3	17	18	19	20	21
Breakfast	Closed	French Toast Sticks, Fruit & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Fruit & Milk	Bagels and Cream Cheese, Fruit & Milk
AM Snack	For	Goldfish & Juice	Oranges & Pretzels	Yogurt & Blueberries	Cucumbers & Crackers
LUNCH	Martin Luther King, Jr.	Zuppa Toscana (Sausage, Kale, Potatoes & Cream), Fruit & Milk	Ham Sandwiches, Carrot Sticks, Pickles, Fruit & Milk	Bean & Cheese Tacos, Corn, Fruit & Milk	Mac N' Cheese w/ Peas, Fruit & Milk
PM Snack	Day	Oreos & Milk	Fresh Fruit & Animal Crackers	Celery & Ranch	Breadsticks & Marinara
WEEK 4	24	25	26	27	28
Breakfast	Cinnamon Apple Muffins & Milk	Cereal, Bananas & Milk	Bagels, Jelly, Cream Cheese & Milk	Waffles, Fruit & Milk	Blueberry Pancakes & Milk
AM Snack	Goldfish & Sliced Apples	Cheese & Crackers	Pretzels & Oranges	Fresh Vegetables & Ranch	Yogurt & Animal Crackers
LUNCH	Hamburgers, Chips, Pickles, Fruit & Milk	Vegetable Barley Soup, Fruit, & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Fruit & Milk	Penne Pasta Bake, Salad, Fruit & Milk	Pork & Root Vegetable Stew, Rice, Fruit, & Milk
PM Snack	Juice & Pretzels	Fresh Fruit & Animal Crackers	Oreo's & Milk	Bananas & Graham Crackers	Pretzels & Fruit
WEEK 5	31		National Holidays:	The steadfast love of the Lord ne	/er ceases:
Breakfast	Assorted Fruit Muffins & Milk		4: Spaghetti Day	his mercies never come to an end; they are new every morning;	
AM Snack	Ham & Crackers		6: Bean Day	great is your faithfulness. Lamentations 3:22-23	
LUNCH	Shepherd's Pie (with mashed potatoes, ground beef, cheese, tomato sauce), Fruit, & Milk		12: Curried Chicken Day 21: Cheese Lover's Day		
PM Snack	Carrot Sticks & Ranch		28: Blueberry Pancake Day		