

Covenant Schools of Rio Rancho January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Closed	Bagels, Jelly, & Milk	Assorted Fruit Muffins & Milk	Cream of Wheat, Fruit, & Milk	French Toast Sticks, Fruit & Milk
AM Snack	For	Goldfish & Fruit	Oranges & Pretzels	Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	New Year's	Chicken Noodle Soup w/ Mixed Veggies, Saltines, Fruit & Milk	<u>Spaghetti</u> with Marinara Sauce, Salad, and Milk	Barbecue Beef Sandwiches, Mashed Potatoes, Fruit & Milk	<u>Bean,</u> Beef, & Potato Tacos, Avocado, & Milk
PM Snack	Break	Jell-O with Pineapple	Olives & Cheese	Cucumbers & Saltines	Bananas & Graham Crackers
WEEK 2	9	10	11	12	13
Breakfast	Cream of Wheat, Fruit & Milk	Cereal, Bananas, & Milk	Oatmeal, Blueberries, & Milk	Pancakes, Fruit, & Milk	Sausage & Cheese Egg Cups, Fruit, & Milk
AM Snack	Goldfish & Juice	Berries & Animal Crackers	Pretzels & Cheese	Strawberry Yogurt	Celery Sticks & Ranch
LUNCH	Corn Dogs, Pickles, Fruit & Milk	Quesadillas, Baked Beans, Avocado, & Milk	Red Chile Enchiladas, Salad, Fruit & Milk	<u>Chicken Curry</u> , Rice, Pitas, Peas, and Milk	Chef Salad with Ham, Cheese, Hardboiled Eggs, Croutons, Fruit & Milk
PM Snack	Apricots & Pretzels	Pretzels & Vanilla Pudding	Carrot Sticks & Crackers	Berries & Pretzels	Bananas & Graham Crackers
WEEK 3	16	17	18	19	20
Breakfast	Closed	Hardboiled Eggs, Fruit, & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches, & 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	Posole with Beef, Tortillas, Fruit & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple & Milk	<u>Macaroni & Cheese</u> w/ Peas, Fruit & Milk
PM Snack	Day	Pudding & Pretzels	Fresh Fruit & Animal Crackers	Celery & Hummus	Oranges & Pretzels
WEEK 4	23	24	25	26	27
Breakfast	Cinnamon Apple Muffins & Milk	Cereal, Bananas & Milk	Bagels, Jelly, Cream Cheese & Milk	Hardboiled Eggs, Fruit & Milk	Waffles, Blueberries, & Milk
AM Snack	Pretzels & Juice	Cheese & Crackers	Pretzels & Oranges	Fresh Vegetables & Ranch	Yogurt & Animal Crackers
LUNCH	Sloppy Joes, Chips, Pickles, & Milk	Vegetable Barley Soup, Fruit, & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Fruit & Milk	Penne Pasta Bake with Marinara Sauce, Salad, & Milk	Cajun Sausage & Bean Soup, Rice, Fruit, & Milk
PM Snack	Goldfish & Sliced Apples	Fresh Fruit & Animal Crackers	Ham & Cheese	Bananas & Graham Crackers	Pretzels & Fruit
WEEK 5	30	31	National Holidays:	The steadfast love of the Lord new	/er ceases;
Breakfast	Hardboiled Eggs, Fruit, & Milk	Assorted Fruit Muffins & Milk	4: Spaghetti Day	his mercies never come to an a they are new every morning;	A REAL PROPERTY OF A REA
AM Snack	Ham & Crackers	Pretzels & Fruit	6: Bean Day	great is your faithfulness. Lamentations 3:22-23	
LUNCH	Mini Pizzas with Pepperoni, Salad, Pineapple, & Milk	Chicken Fettucine Alfredo, Fruit, & Milk	9: Apricot Day 12: Curried Chicken Day		
PM Snack	Carrot Sticks & Hummus	Cucumbers & Ranch	21: Cheese Lover's Day		