



# Covenant Schools of Rio Rancho July 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<p style="text-align: center;"><b>The Following Dates Are National Holidays:</b></p> <p style="text-align: center;"><b>July 7<sup>th</sup>: Macaroni Day!</b>  <b>July 14<sup>th</sup>: Macaroni and Cheese Day!</b>  <b>July 23<sup>rd</sup>: Vanilla Ice Cream Day!</b></p>		<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>			French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	<b>Closed For Independence Day!</b>
<b>AM Snack</b>			Fresh Fruit & Crackers	Yogurt & Animal Crackers	
<b>LUNCH</b>			Hamburgers, Salad, Fruit, & Milk	Chef Salad w/ Croutons, Fruit, & Milk	
<b>PM Snack</b>		Cornbread & Jelly	Trail Mix		
<b>WEEK 2</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b>	Blueberry Oatmeal & Milk	English Muffins, Jelly, & Milk	Cream of Wheat, Peaches, & Milk	Blueberry Pancakes & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Crackers & Cheese	Goldfish & Juice	Fresh Veggie Sticks & Ranch	Fresh Fruit & Pretzels	String Cheese & Crackers
<b>LUNCH</b>	White Chile Bean Soup, Crackers, Fruit, & Milk	<b>Macaroni</b> in Marinara, Garlic Bread, Fruit, & Milk	Meatball Sandwiches, Salad, Fruit, & Milk	Barley & Veggie Soup, Crackers, Fruit, & Milk	Fettuccini Alfredo, Broccoli, Fruit, & Milk
<b>PM Snack</b>	Brownies & Milk	Applesauce & Animal Crackers	Rice Krispie Treats	Apples & Saltines	Fruit Slush Cups
<b>WEEK 3</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b>	Bagels, Cream Cheese, & Milk	Toast, Jelly, & Milk	Cereal, Fruit, & Milk	Egg Cups, Fruit, & Milk	Yogurt Parfaits, Fruit, Milk
<b>AM Snack</b>	Cinnamon Apples	Fresh Fruit & Pretzels	Goldfish & Juice	Fresh Veggie Sticks & Ranch	Crackers & Oranges
<b>LUNCH</b>	Egg Salad Sandwiches, Pretzels, Pickles, Fruit, & Milk	<b>Macaroni &amp; Cheese</b> w/ Peas, Fruit, & Milk	Tater Tot Casserole w/ Veggies, Fruit, & Milk	Bean & Cheese Burritos, Corn, Fruit, & Milk	Frito Pie w/ Cheese, Corn, Fruit, & Milk
<b>PM Snack</b>	Pudding & Animal Crackers	Fresh Veggie Sticks & Crackers	Jell-O & Fruit	Oreos & Milk	Crackers & Cheese
<b>WEEK 4</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breakfast</b>	English Muffins, Jelly, & Milk	Hard Boiled Eggs, Fruit, & Milk	Waffles, Fruit, & Milk	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Fresh Fruit & Crackers	Cheese & Pretzels	Fresh Veggie Sticks & Ranch	Goldfish & Juice	Yogurt & Grahams
<b>LUNCH</b>	Meatballs in Brown Gravy, Mashed Potatoes, Fruit, & Milk	Tomato Soup, Grilled Cheese Sandwiches, Fruit, & Milk	Bean & Cheese Tacos, Corn, Fruit, & Milk	Chicken Veggie Soup w/ Rice, Fruit, & Milk	Salami Sandwiches, Pickles, Fruit, & Milk
<b>PM Snack</b>	Pudding & Grahams	Applesauce & Animal Crackers	Jell-o & Fruit	Vanilla Ice Cream & Bananas	Carrot Sticks & Crackers
<b>WEEK 5</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Breakfast</b>	French Toast Sticks, Fruit, & Milk	English Muffins, Jelly, & Milk	Blueberry Muffins & Milk	Egg Cups, Fruit, & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Cheese & Pretzels	Fresh Fruit & Crackers	Goldfish & Juice	Fresh Veggie Sticks & Ranch	Yogurt & Animal Crackers
<b>LUNCH</b>	Quesadillas, Salad, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Spaghetti in Marinara, Salad, Fruit, & Milk	Chicken Nuggets, Salad, Fruit, & Milk	Turkey Pinwheels, Chips, Veggie Sticks, Fruit, & Milk
<b>PM Snack</b>	Pudding & Animal Crackers	Fresh Veggie Sticks & Crackers	Jell-O & Fruit	Vanilla Wafers & Fruit	Marshmallows & Pretzels