



# Covenant Schools of Rio Rancho July 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>					<b>1</b>
<b>Breakfast</b>	<b>Special Days:</b> <u>July 5<sup>th</sup>: Graham Cracker Day</u>				Egg Cups, Fruit, and Milk
<b>AM Snack</b>	<u>July 7<sup>th</sup>: Macaroni Day</u> <u>July 11<sup>th</sup>: Blueberry Muffin Day</u> <u>July 12<sup>th</sup>: Eat Your Jell-O Day</u>			Strawberry Yogurt	
<b>LUNCH</b>	<u>July 14<sup>th</sup>: Macaroni &amp; Cheese Day</u>			Penne Pasta in Marinara, Rolls, Fruit, and Milk	
<b>PM Snack</b>	<u>July 22<sup>nd</sup>: Mango Day</u>			Oranges & Pretzels	
<b>WEEK 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b>		Assorted Muffins & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Blueberry Oatmeal & Milk
<b>AM Snack</b>		Goldfish & Juice	Olives & Pretzels	Lunch Meat & Crackers	Carrot Sticks & Ranch
<b>LUNCH</b>		Ham & Cheese Sandwiches, Carrot Sticks, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	<b>Alfredo Pasta</b> , Salad, Fruit, & Milk	Tater-Tot Casserole w/ Mixed Veggies, Fruit, & Milk
<b>PM Snack</b>		Bananas & Grahams	Apples & Animal Crackers	Yogurt & Berries	String Cheese
<b>WEEK 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b>	<b>Blueberry Muffins</b> & Milk	Cereal, Bananas, & Milk	Cinnamon Raisin Bagels & Milk	Waffles, Fruit, & Milk	Hardboiled Eggs, Avocado, & Milk
<b>AM Snack</b>	Cheese & Crackers	Cucumbers & Hummus	Pretzels & Cream Cheese	Strawberry Yogurt	Carrot Sticks & Ranch
<b>LUNCH</b>	Hamburger Steak w/ Mashed Potatoes, Gravy, Fruit, & Milk	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Meatball Sandwiches, Salad, Chips, & Milk	<b>Macaroni &amp; Cheese</b> with Peas, Fruit, & Milk	Taco Salad w/ Beef, Beans, & Cheese, Fruit, & Milk
<b>PM Snack</b>	Orange Juice & Goldfish	Jell-O w/ Fruit	Apples & Grahams	Oranges & Animal Crackers	Bananas & Vanilla Wafers
<b>WEEK 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b>	Cereal, Bananas, & Milk	French Toast, Fruit, & Milk	Yogurt Parfaits & Milk	Banana Muffins	Pancakes, Fruit, & Milk
<b>AM Snack</b>	Crackers & Avocado	Apple Juice & Goldfish	Hardboiled Egg & Pita Bread	Cucumbers & Ranch	Yogurt & Blueberries
<b>LUNCH</b>	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Bean and Cheese Tacos, Corn, Tortillas, & Milk	Salami Sandwiches, Pickles, Fruit & Milk	Italian Pasta Salad w/ Spinach, Tomatoes, Ham & Cheese, Fruit, & Milk
<b>PM Snack</b>	String Cheese	Granola Bars	Cheese & Crackers	Oranges & Pretzels	<b>Fresh Mango Slices</b>
<b>WEEK 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b>	Blueberry Bagel & Milk	Cinnamon Toast, Fruit, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Fruit, & Milk	Egg Cups, Fruit, & Milk
<b>AM Snack</b>	Cranberry Juice & Goldfish	Cheese & Crackers	Lunch Meat & Crackers	Strawberry Yogurt	Carrot Sticks & Ranch
<b>LUNCH</b>	Chicken Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Mixed Bean Salad w/ Corn, Tomatoes, Rice, & Cheese, Tortillas, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Chef Salad w/ Ham & Cheese, Croutons, Fruit, & Milk	Spaghetti in Marinara, Salad, Fruit, & Milk
<b>PM Snack</b>	Banana Bread	Fresh Berries & Vanilla Wafers	Oranges & Pretzels	Apples & Grahams	Bananas & Vanilla Wafers