



# Covenant Schools of Rio Rancho- May 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>National Holidays</b> 13 <sup>th</sup> - Fruit Cocktail Day 14 <sup>th</sup> - Buttermilk Biscuit Day 15 <sup>th</sup> - Chocolate Chip Day 22 <sup>nd</sup> - Vanilla Pudding Day 28 <sup>th</sup> - Hamburger Day		<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>			Cereal, Bananas & Milk	Pancakes, Blueberries & Milk	English Muffins w/Jelly & Milk
<b>AM Snack</b>			Goldfish & Oranges	Yogurt & Animal Crackers	Cucumbers & Ranch
<b>LUNCH</b>			Sloppy Joes, Chips, Pickles, Pineapple & Milk	Meatball Sandwiches, Salad, Peaches & Milk	Taco Salad w/Beef, Beans, Tomatoes & Cheese, Pineapple & Milk
<b>PM Snack</b>			Carrot Sticks & Saltines	Celery & Wow! Butter	Bananas & Vanilla Wafers
<b>WEEK 2</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b>	Waffles, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Bagels w/Jelly & Milk	Cream of Wheat, Peaches & Milk
<b>AM Snack</b>	Goldfish & Juice	Cheese & Crackers	Sliced Apples & Pretzels	Carrot Sticks & Ranch	Strawberry Yogurt & Animal Crackers
<b>LUNCH</b>	Quesadillas, Baked Beans, Pineapple, & Milk	Red Chile Chicken Enchiladas, Salad, & Milk	Cheesy Broccoli Soup w/Chicken & Rice, Pineapple, & Milk	Mini Pepperoni Pizzas, Salad, Peaches & Milk	Ravioli in Marinara Sauce, Salad, Pineapple, & Milk
<b>PM Snack</b>	Applesauce & Graham Crackers	Jell-O w/Fruit	Vanilla Wafers & Fruit	Cucumbers & Townhouse Crackers	Bananas & Vanilla Wafers
<b>WEEK 3</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b>	Blueberry Muffins & Milk	**Buttermilk Biscuits w/Jelly & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Breakfast Casserole, Bananas & Milk
<b>AM Snack</b>	Cucumbers & Ranch	String Cheese & Saltines	Oranges & Pretzels	Cucumbers & Ranch	Yogurt & Blueberries
<b>LUNCH</b>	Meatballs, Mashed Potatoes, Pineapple, & Milk	Macaroni & Cheese, Peas, Peaches, & Milk	Chicken & Rice Casserole w/Mixed Veggies, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Pretzels, Pears, & Milk	Frito Pie, Corn, Pineapple, & Milk
<b>PM Snack</b>	**Fruit Cocktail & Saltines	Jell-O w/Fruit	**Chocolate Chip Cookies & Milk	Carrot Sticks & Saltines	Cinnamon Apples & Graham Crackers
<b>WEEK 4</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breakfast</b>	Ham & Cheese Egg Cups, Bananas & Milk	French Toast Sticks, Oranges & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Cinnamon Toast, Apples & Milk
<b>AM Snack</b>	Goldfish & Juice	Sliced Oranges & Saltines	Sliced Apples & Graham Crackers	Pretzels & Fruit	Strawberry Yogurt & Graham Crackers
<b>LUNCH</b>	Grilled Cheese & Tomato Soup, Pineapple, & Milk	Spaghetti w/Meat sauce, Salad, Peaches, & Milk	Cheesy Potato Soup, Saltines, Pineapple, & Milk	Beef Stroganoff w/Peas, Pears, & Milk	Chicken Fajitas w/Bell Peppers, Onions, Sour Cream & Cheese, Pineapple, & Milk
<b>PM Snack</b>	Bananas & Animal Crackers	Jell-O w/Fruit	**Vanilla Pudding & Wafers	Cucumbers & Saltines	Bananas & Animal Crackers
<b>WEEK 5</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Breakfast</b>	<b>Closed For</b>	Turkey & Spinach Egg Cups, Apples & Milk	Cereal, Bananas & Milk	Cinnamon Apple & Brown Sugar Oatmeal & Milk	Blueberry Muffins & Milk
<b>AM Snack</b>	<b>Memorial Day!</b>	Cheez It's & Juice	Sliced Oranges & Pretzels	Carrot Sticks & Ranch	Yogurt & Animal Crackers
<b>LUNCH</b>		**Hamburgers, Pickles, Chips, Peaches, & Milk	Chicken Noodle Soup w/Mixed Veggies, Saltines, Pineapple, & Milk	Zuppa Toscana Soup (with Kale, Sausage, & Potato), Saltines, Pears, & Milk	Chicken Alfredo w/Peas, Peaches, & Milk
<b>PM Snack</b>		Jell-O w/Fruit	Cucumbers & Townhouse Crackers	Celery & Wow! Butter	Fruit & Pretzels