



Covenant School of Rio Rancho- May 2021 Menu (School Age)

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Blueberry Oatmeal	Granola Bars	English Muffins	Waffles	French Toast Sticks
AM Snack	Pretzels	Animal Crackers	Oranges	Carrot Sticks	Saltines
LUNCH	Italian Pasta Salad w/Ham, Spinach, Tomatoes and Parmesan, Oranges & Milk	Chicken & Rice Casserole with Vegetables, Fruit, & Milk	Creamy White Bean Chile Soup, Corn, Pineapple, & Milk	Macaroni and Cheese with Peas, Fruit, & Milk	Turkey Sandwiches, Salad, Peaches, & Milk
PM Snack	Jell-O & Fruit	Goldfish	Berries	Saltines	Pretzels
WEEK 2	10	11	12	13	14
Breakfast	English Muffins	Blueberry Muffins	Granola Bars	Waffles	<u>Buttermilk Biscuits</u>
AM Snack	Pretzels	Saltines	Bananas	Graham Crackers	Animal Crackers
LUNCH	Chicken Fajitas (Chicken, Onions, and Bell Peppers), Tomatoes, Cheese, & Milk	Ham Sandwiches, Pickles, Chips, Peaches, & Milk	Taco Salad (Tortilla Chips, Lettuce, Beans, Tomatoes), Fruit, & Milk	Tater-Tot Casserole with Beef, Cheese, and Mixed Vegetables, Peaches, & Milk	Red Chile Enchiladas, Salad, Pineapple, & Milk
PM Snack	Cheese & Tortillas	Animal Crackers	Pretzels	Saltines	Apples
WEEK 3	17	18	19	20	21
Breakfast	Cream of Wheat	Toast with Jelly	Granola Bars	Bagels with Jelly	Blueberry Oatmeal
AM Snack	Apples	Goldfish	Saltines	Carrot Sticks	Apples
LUNCH	Barley & Vegetable Soup, Saltines, Pineapple, & Milk	Salami Sandwiches, Pickles, Peaches, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	<u>Mini Pizzas</u> , Fruit, & Milk
PM Snack	Oranges	Pretzels	Oreos	Oranges	Bananas
WEEK 4	24	25	26	27	28
Breakfast	Cinnamon Raisin Bagels	Waffles	Granola Bars	Blueberry Muffins	French Toast Sticks
AM Snack	Animal Crackers	Apples	Pretzels	Berries	Pretzels
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Bean Soft Tacos, Corn, Peaches, & Milk	Chicken & Rice Soup with Mixed Veggies, Fruit, & Milk	Penne Pasta Alfredo, Peas, Fruit, & Milk	<u>Hamburgers</u> , Chips, Pickles, Peaches, & Milk
PM Snack	Pretzels	Vanilla Wafers	Oranges	Carrot Sticks	Oranges
WEEK 5	31				
Breakfast	Closed for Memorial Day!				
AM Snack			National Holidays:		
LUNCH					
PM Snack			4th: Orange Juice Day 14th: Buttermilk Biscuit Day 21st: Pizza Party Day 28th: Hamburger Day		