



Covenant Schools of Rio Rancho- October 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Sausage, Kale & Cheese Egg Cups & Milk	Blueberry Muffins & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Pancakes, Blueberries & Milk
AM Snack	Pretzels & Cheese	Sliced Apples & Graham Crackers	Goldfish & Juice	Bananas & Animal Crackers	Yogurt & Graham Crackers
LUNCH	Ham & Cheese Sandwiches, Chips, Pickles, Peaches & Milk	Tomato & Veggie Noodle Soup, Pineapple, Crackers & Milk	Macaroni & Cheese w/Peas, Oranges & Milk	**Soft Tacos w/Beef, Beans, Cheese, Lettuce, Tomato & Sour Cream, Pineapple & Milk	Penne Pasta w/Marinara Sauce, Mixed Veggies, Pears & Milk
PM Snack	Bananas & Animal Crackers	Jell-O w/Fruit	Carrot Sticks & Saltines	Celery w/Wow! Butter	Cucumbers & Saltines
WEEK 2	8	9	10	11	12
Breakfast	Ham & Cheese Egg Cups, Bananas & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Biscuits & Gravy, Oranges & Milk	Closed
AM Snack	Cheez-its & Juice	Sliced Apples & Pretzels	Sliced Oranges & Saltines	Strawberry Yogurt & Animal Crackers	for
LUNCH	Cheesy Broccoli Soup w/Chicken, Rice, Pears & Milk	Frito Pie, Corn, Peaches & Milk	Teriyaki Chicken w/Broccoli, Rice, Pineapple & Milk	**Mini Sausage Pizzas , Salad, Peaches & Milk	Fall Break
PM Snack	Graham Crackers & Bananas	Jell-O w/Fruit	Carrot Sticks & Saltines	Ice Cream Sandwiches, Bananas	
WEEK 3	15	16	17	18	19
Breakfast	Turkey & Spinach Egg Cups & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	English Muffins w/Jelly & Milk	Blueberry Muffins & Milk
AM Snack	Ham & Townhouse Crackers	Saltines & Oranges	Goldfish & Juice	Cucumbers & Ranch	Vanilla Yogurt & Blueberries
LUNCH	Chicken Nuggets, Salad, Peaches & Milk	Cheesy Potato Soup w/Ham, Pineapple & Milk	**Chicken, Peas, & Pasta in a Lemon Cream Sauce, Pears & Milk	Sloppy Joes, Chips, Pickles, Pineapple & Milk	Italian Pasta Salad (Ham, Spinach, Parmesan cheese, Tomatoes), Peaches & Milk
PM Snack	Sliced Apples & String Cheese	Jell-O w/Fruit	Bananas & Animal Crackers	Sliced Apples & Wow! Butter	Carrot Sticks & Saltines
WEEK 4	22	23	24	25	26
Breakfast	French Toast Sticks, Bananas & Milk	Biscuits w/Jelly & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Closed
AM Snack	Turkey & Townhouse Crackers	Tortillas & Cheese	Cheese & Crackers	Raspberry Yogurt & Graham Crackers	For
LUNCH	Bean & Cheese Burritos, Corn, Pineapple & Milk	Chicken & Rice Casserole w/Mixed Veggies, Pears & Milk	Zuppa Toscana (Sausage, Potatoes, Kale & Cream), Pineapple & Milk	Hamburgers, Pickles, Pears, Tater Tots & Milk	In-Service
PM Snack	Sliced Oranges & Saltines	Jell-O w/Fruit	Cucumbers & Saltines	Bananas & Wow! Butter	Day
WEEK 5	29	30	31	The Following are National Holidays 4th- Taco Day 11th- Sausage Pizza Day 17th- Pasta Day 29th- Oatmeal Day	
Breakfast	**Blueberry Oatmeal & Milk	Bagels w/Jelly & Milk	Cereal, Bananas & Milk		
AM Snack	Pretzels & Cheese Cubes	Bananas & Animal Crackers	Goldfish & Juice		
LUNCH	Mini Pepperoni Pizzas, Salad, Pineapple & Milk	Spaghetti w/Meat Sauce, Peaches, Salad & Milk	Chicken Noodle Soup w/Mixed Veggies, Pineapple, Saltines & Milk		
PM Snack	Sliced Apples & Saltines	Jell-O w/Fruit	Banana Bread & Milk		

