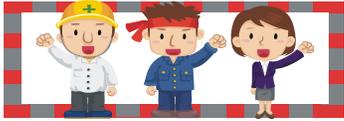




Covenant Schools of Rio Rancho September 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	CLOSED FOR LABOR DAY!!! 	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Jelly & Milk
AM Snack		Apple Juice & Pretzels	Apples & Saltines	Strawberry Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH		Bean & Cheese Burritos, Corn, Pineapple & Milk	Macaroni & Cheese with Peas, Oranges & Milk	Chicken & Rice Casserole with Green Beans, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Peaches, & Milk
PM Snack		Jell-O with Fruit	Cantaloupe and Crackers	Cinnamon Muffins & Bananas	Ice Pops & Graham Crackers
WEEK 2	10	11	12	13	14
Breakfast	Ham & Cheese Egg Cups, Bananas, & Milk	Cinnamon Toast, Oranges, & Milk	Cereal, Bananas, & Milk	Biscuits & Gravy, Pears, & Milk	Bagels, Jelly, & Milk
AM Snack	Goldfish & Apple Juice	Cheese & Crackers	Oranges & Pretzels	Carrot Sticks & Saltines	Vanilla Yogurt & Blueberries
LUNCH	Penne Pasta with Marinara Sauce, Carrot Sticks, Pears, & Milk	Teriyaki Chicken, Rice, Broccoli, Pineapple, & Milk	Kielbasa with Onions & Bell Peppers, Mashed Potatoes, Oranges, & Milk	Turkey & Cheese Sandwiches, Peaches, Pickles, & milk	Chicken Alfredo, Salad, Pineapple, & Milk
PM Snack	Oranges & Animal Crackers	Jell-O with Fruit	Celery & Wow! Butter	Fresh Fruit & Crackers	Celery & Ranch
WEEK 3	17	18	19	20	21
Breakfast	Sausage, Kale, & Cheese Egg Cups & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Waffles, Bananas, & Milk
AM Snack	Turkey & Crackers	Applesauce & Pretzels	Tortillas & Cheese	Strawberry Yogurt & Grahams	Cucumbers & Ranch
LUNCH	Mini Pepperoni Pizzas, Salad, Pineapples, & Milk	<u>*Cheeseburgers</u> , Pickles, Pears, & Milk	Red Chile Chicken Enchiladas, Corn, Pineapples, & Milk	Spaghetti with Meat Sauce, Peaches, Salad, & Milk	Chicken Noodle Soup with Vegetables, Pears, Saltines, & Milk
PM Snack	Rice Krispy Treats & Milk	Jell-O with Fruit	Sliced Oranges & Goldfish	<u>*String Cheese</u> & Apples	Bananas & Animal Crackers
WEEK 4	24	25	26	27	28
Breakfast	Cereal, Bananas, & Milk	Cream of Wheat, Oranges, & Milk	<u>*Pancakes</u> , Bananas, & Milk	Cinnamon Toast, Pears, & Milk	Biscuits, Jelly, & Milk
AM Snack	Sliced Cheese & Pretzels	Sliced Oranges & Saltines	Goldfish & Juice	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Chef Salad with Ham, Cheese, & Croutons, Pineapples, & Milk	Chicken & Rice Casserole with Mixed Vegetables, Pears, & Milk	Italian Pasta Salad (Ham, Spinach, Parmesan, Tomatoes), Pineapple, & Milk	Hamburger Tater Tot Casserole with Mixed Vegetables, Pears, & Milk	Zuppa Toscana (Sausage, Potatoes, Kale, & Cream), Saltines, Pineapple, & Milk
PM Snack	Ice Pops & Graham Crackers	Jell-O with Fruit	Sliced Apples and Saltines	Applesauce & Graham Crackers	Ice Cream Cups & Bananas
WEEK 5					
Breakfast	The following are National Holidays 18th- Cheeseburger Day! 20th- String Cheese Day! 26th- Pancake Day!				
AM Snack					
LUNCH					
PM Snack					