



# Covenant Schools of Rio Rancho July 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b>	Biscuits w/Jelly & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	<b>Closed for Independence Day!</b> 	Bagels w/Jelly & Milk
<b>AM Snack</b>	Goldfish & Juice	Tortillas & Cheese	Oranges & Pretzels		Yogurt & <a href="#">*Graham Crackers</a>
<b>LUNCH</b>	Turkey & Cheese Sandwiches, Pretzels, Pickles, Pineapple & Milk	Zuppa Toscana (with Kale, Sausage, & Potato), Saltines, Pears & Milk	<a href="#">*Bean</a> & Cheese Burritos, Corn, Pineapple, & Milk		Chicken Patty Sandwiches, Salad, Pickles, Pineapple & Milk
<b>PM Snack</b>	Chocolate Pudding & Graham Crackers	Jell-O w/Fruit	Fruit & Vanilla Wafers		Marshmallows & Pretzels
<b>WEEK 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Waffles, Bananas & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	<a href="#">*Blueberry Muffins</a> & Milk	Pancakes, Blueberries & Milk
<b>AM Snack</b>	Goldfish & Juice	String Cheese & Crackers	Apples & Pretzels	Carrot Sticks & Ranch	Vanilla Yogurt & Fruit
<b>LUNCH</b>	Chicken Nuggets, Mashed Potatoes, Pineapple & Milk	Italian Pasta Salad with Ham & Cheese, Pears & Milk	Tomato Noodle Soup, Saltines, Pineapple & Milk	Ravioli in Marinara Sauce, Peaches & Milk	Chicken Fajitas with Onions, Peppers, Sour Cream, Pineapple & Milk
<b>PM Snack</b>	Applesauce & Animal Crackers	Jell-O w/Fruit	Cucumbers & Townhouse Crackers	Celery & Wow! Butter	Marshmallows & Pretzels
<b>WEEK 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	Turkey & Spinach Egg Cups & Milk	English Muffins w/Jelly & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Waffles, Apples & Milk
<b>AM Snack</b>	Townhouse Crackers & Sliced Cheese	Goldfish & Juice	Oranges & Animal Crackers	Carrot Sticks & Ranch	Strawberry Yogurt & Gran
<b>LUNCH</b>	Sloppy Joes, Chips, Pickles, Pears & Milk	Quesadillas, Baked Beans, Pineapple & Milk	Southwestern Chicken Pasta, Salad, Peaches & Milk	Hamburger Tater-tot Casserole, Mixed Veggies, Pineapple & Milk	Ham & Cheese Sandwiches, Pickles, Chips Peaches & Milk
<b>PM Snack</b>	Cucumbers & Saltines	Jell-O w/Fruit	Tortillas & Cheese	Cucumbers & Crackers	Goldfish & Juice
<b>WEEK 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	French Toast Sticks, Bananas & Milk	Cinnamon Apple Oatmeal & Milk	Cereal, Bananas & Milk	Biscuits w/Gravy, Oranges & Milk	Cinnamon Toast, Bananas & Milk
<b>AM Snack</b>	Applesauce & Pretzels	Goldfish & Juice	Oranges & Animal Crackers	Cucumbers & Ranch	Yogurt & Blueberries
<b>LUNCH</b>	Chicken Noodle Soup with Mixed Veggies, Peaches & Milk	Fish Tacos with Fresh Mango Salsa, Pineapple, Shredded Lettuce & Milk	Penne Chicken Alfredo w/Peas, Pears & Milk	Mini Pizzas, Salad, Peaches & Milk	Meatball Sandwiches, Salad, Pineapple & Milk
<b>PM Snack</b>	Crackers & String Cheese	<a href="#">*Vanilla Ice Cream</a> & Fruit	Strawberry Yogurt & Animal Crackers	Carrot Sticks & Crackers	Ice Cream Sandwiches & Fruit
<b>WEEK 5</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>The Following Dates Are National Holidays:</b> <b>July 3<sup>rd</sup>: Eat Your Beans Day!</b> <b>July 5<sup>th</sup>: Graham Cracker Day!</b> <b>July 11<sup>th</sup>: Blueberry Muffin Day!</b> <b>July 23<sup>rd</sup>: Vanilla Ice Cream Day!</b>	
<b>Breakfast</b>	Waffles, Bananas & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk		
<b>AM Snack</b>	Crackers & Cheese Cubes	Goldfish & Juice	Sliced Oranges & Pretzels		
<b>LUNCH</b>	Chicken & Rice Casserole w/Mixed Veggies, Pineapple & Milk	Hamburgers, Chips, Pickles, Peaches & Milk	Macaroni & Cheese w/Peas, Pineapple & Milk		
<b>PM Snack</b>	Watermelon & Pretzels	Jell-O w/Fruit	Celery & Wow! Butter		