



Covenant Schools of Rio Rancho November 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Biscuits, Jelly, & Milk	Mini Doughnuts , Fruit, & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Crackers & Ham	Carrot Sticks & Ranch	Yogurt & Pretzels
LUNCH	Meatball Vegetable Soup with Rice, Fruit & Milk	Cheesy Broccoli Soup with Rice, Saltines, Fruit, & Milk	Ham and Cheese Sandwiches , Pickles, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Red Beans & Rice with Sliced Sausage, Fruit, & Milk
PM Snack	Oranges & Pretzels	Jell-O with Fruit	Fresh Fruit and Pretzels	Marshmallows & Graham Crackers	Tortilla Chips & Nacho Cheese
WEEK 2	8	9	10	11	12
Breakfast	English Muffins, Jelly, & Milk	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Cinnamon Toast, Fruit, & Milk
AM Snack	Juice & Goldfish	Oranges & Crackers	Tortillas & Cheese	Yogurt & Graham Crackers	Celery & Cream Cheese
LUNCH	Barley Vegetable Soup, Saltines, Fruit, & Milk	Macaroni & Cheese, Peas, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Bean and Cheese Tacos, Salad, Fruit, & Milk	Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & Milk
PM Snack	Apples & Graham Crackers	Pudding & Vanilla Wafers	Oreos & Milk	Bananas & Animal Crackers	Pumpkin Bread & Milk
WEEK 3	15	16	17	18	19
Breakfast	Assorted Muffins & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Hard Boiled Eggs, Fruit, & Milk	Waffles, Fruit, & Milk
AM Snack	Bananas & Graham Crackers	Juice & Goldfish	Cheese & Saltines	Cucumbers & Ranch	Yogurt & Animal Crackers
LUNCH	Teriyaki Chicken, Rice, Broccoli, & Milk	Cajun Sausage and Red Bean Soup, Saltines, Fruit, & Milk	Green Chile Beef Stew, Tortillas, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, & Milk	Chicken Nuggets, Mashed Potatoes, Salad, & Milk
PM Snack	Cherry Apple Crunch Bars	Jell-O with Fruit	Pumpkin Bread & Milk	String Cheese	Carrot Sticks & Saltines
WEEK 4	22	23	24	25	26
Breakfast	Cereal, Bananas, & Milk	Hardboiled Eggs, Fruit, & Milk	Yogurt Parfaits with Blueberries and Cheerios & Milk	<i>Closed for</i>	<i>Thanksgiving Break!</i>
AM Snack	Goldfish & Juice	Cheese & Crackers	Carrot Sticks & Ranch		
LUNCH	Pork Posole, Tortillas, Fruit, & Milk	Turkey, Mashed Potatoes, Cranberry Sauce, & Milk	Creamy Turkey Soup with Mixed Veggies, Fruit, & Milk		
PM Snack	Bananas & Graham Crackers	Pudding & Pretzels	Fresh Fruit & Pretzels		
WEEK 5	29	30		Special Days:  3rd: Sandwich Day  5th: Doughnut Day  12th: Chicken Soup for the Soul Day  17th: Homemade Bread Day	
Breakfast	Egg Cups, Fruit, & Milk	Assorted Muffins and Milk			
AM Snack	Tortillas & Cheese	Juice and Goldfish			
LUNCH	Hamburger Vegetable Soup with Rice, Fruit, & Milk	Green Chile Chicken Stew, Tortillas, Fruit, & Milk			
PM Snack	Pretzels & Yogurt	Fresh Fruit & Animal Crackers			