




Covenant Schools of Rio Rancho- November 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					1
Breakfast	The following meals/snacks are in celebration of National Holidays: <ul style="list-style-type: none"> 5th: Donut Day 14th: Pickle Day 25th: Parfait Day 				Cinnamon Toast, Bananas, & Milk
AM Snack					Carrot Sticks & Ranch
LUNCH					Ham & Cheese Sandwiches, Pickles, Chips, Pineapple & Milk
PM Snack					Vanilla Wafers & Bananas
WEEK 2	4	5	6	7	8
Breakfast	Blueberry Muffins & Milk	<u>Mini Donuts</u> , Fruit, & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Biscuits, Jelly, & Milk
AM Snack	Orange Juice & Goldfish	Yogurt & Blueberries	Applesauce & Graham Crackers	Celery & Wow-Butter	Strawberry Yogurt & Graham Crackers
LUNCH	Green Chile Chicken Soup, Tortillas, Peaches & Milk	Teriyaki Chicken, Rice, Broccoli, Pineapple & Milk	Mixed Bean Soup w/Corn & Rice, Mixed Fruit & Milk	Hamburger Tater-tot Casserole w/Mixed Veggies, Pineapple & Milk	Tomato Noodle Soup, Saltines, Peaches & Milk
PM Snack	Cheese & Crackers	Jell-O w/Fruit	Oranges & Animal Crackers	Cucumbers & Saltines	Banana Bread & Milk
WEEK 3	11	12	13	14	15
Breakfast	Cream of Wheat, Fruit & Milk	Bagels, Jelly, & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	Waffles, Bananas & Milk
AM Snack	Apple Juice & Animal Crackers	Cheese & Crackers	Orange Juice & Pretzels	Carrot Sticks & Ranch	Vanilla Yogurt & Blueberries
LUNCH	Broccoli & Cheese Soup w/Rice, Pineapple & Milk	Bean & Cheese Burritos, Corn, Mixed Fruit, & Milk	Cheesy Potato Soup w/Ham, Saltines, Pineapple & Milk	Sloppy Joes, Pickles , Chips, Peaches & Milk	Green Chile Beef Stew, Tortillas, Pineapple, & Milk
PM Snack	Bananas & Graham Crackers	Jell-O w/Fruit	Apples & Graham Crackers	Celery & Wow Butter	Marshmallows & Graham Crackers
WEEK 4	18	19	20	21	22
Breakfast	French Toast Sticks, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Blueberry Muffins & Milk	Pancakes, Bananas & Milk
AM Snack	Orange Juice & Cheez-its	Cheese & Tortillas	Sliced Oranges & Pretzels	Cucumbers & Ranch	Strawberry Yogurt & Graham Crackers
LUNCH	White Bean Chile Soup, Tortillas, Pineapple & Milk	Spaghetti w/ Meat Sauce, Mixed Fruit & Milk	Chicken Noodle Soup w/ Mixed Veggies, Pineapple & Milk	Macaroni & Cheese w/Peas, Mixed Fruit & Milk	Zuppa Toscana (Sausage, Cream, Potatoes & Kale), Pineapple & Milk
PM Snack	Animal Crackers & Bananas	Jell-O w/Fruit	Pumpkin Bread & Whipped Cream	Carrot Sticks & Saltines	Bananas & Animal Crackers
WEEK 5	25	26	27	28	29
Breakfast	Yogurt Parfaits (Yogurt, Blueberries, Cheerios) & Juice	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Closed for the Thanksgiving Holiday! 	
AM Snack	Animal Crackers & Milk	Pretzels & Cheese	Orange Juice & Goldfish		
LUNCH	Turkey, Mashed Potatoes, Gravy, Mixed Fruit, & Milk	Turkey & Cheese Sandwiches, Chips, Pickles, Peaches & Milk	Beef Curry w/Potatoes & Carrots over Rice, Pineapple & Milk		
PM Snack	Pumpkin Pie & Whipped Cream	Jell-O w/Fruit	Chocolate Pudding & Graham Crackers		