



Covenant Schools of Rio Rancho- October 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		4th: Taco Day			1
Breakfast		6th: Noodle Day			Cinnamon Apple Muffins & Milk
AM Snack		11th: Sausage Pizza Day			Yogurt & Grahams
LUNCH		26th: Pumpkin Day			Ham & Cheese Sandwiches, Pickles, Fruit, & Milk
PM Snack		29: Oatmeal Day			Marshmallows & Pretzels
WEEK 2	4	5	6	7	8
Breakfast	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Cinnamon Raisin Bagels, Cream Cheese, & Milk	Hard Boiled Eggs, Berries, & Milk	Closed
AM Snack	Goldfish & Juice	Fresh Fruits & Pretzels	Cheese & Crackers	Cherry-Apple Oatmeal Bars	for
LUNCH	Bean & Cheese Tacos, Corn, Tomatoes, & Milk	Hamburgers, Pickles, Chips, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, Oranges, & Milk	BBQ Pork Patties, Mashed Potatoes, Corn, & Milk	Fall Break
PM Snack	Oranges & Animal Crackers	Jell-o with Fruit	Yogurt & Pretzels	Chips & Salsa	
WEEK 3	11	12	13	14	15
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Hard Boiled Eggs, Fruit, & Milk	Cinnamon Toast, Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Animal Crackers & Juice	Apple Sauce & Crackers	Berries & Pretzels	Carrot Sticks & Ranch	Cucumbers & Townhouse Crackers
LUNCH	Sausage Mini Pizzas, Pineapples, Carrot Sticks, & Milk	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Tomato Soup with Chicken & Rice, Saltines, Fruit, & Milk	Macaroni & Cheese with Peas, Fruit, & Milk	Hot Dogs, Pickles, Chips, Fruit, & Milk
PM Snack	Celery & Cream Cheese	Fig Newtons	Yogurt & Animal Crackers	String Cheese	Bananas & Vanilla Wafers
21	18	19	20	21	22
Breakfast	Blueberry Muffins & Milk	Yogurt Parfaits with Blueberries & Milk	Cereal, Bananas, & Milk	Egg Cups, Fruit, & Milk	Closed
AM Snack	Tortillas & Cheese	Goldfish & Juice	Lunch Meat & Crackers	Cheese & Crackers	For
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Mixed Bean Soup with Veggies & Rice, Fruit, & Milk	Beef & Bean Nachos with Tomatoes & Sour Cream, Fruit, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	In-Service
PM Snack	Pudding & Pretzels	Jell-o with Fruit	Blueberries & Grahams	Celery & Ranch	Day
WEEK 5	25	26	27	28	29
Breakfast	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Assorted Muffins, Bananas, & Milk	French Toast, Fruit, & Milk	Oatmeal, Blueberries, & Milk
AM Snack	Egg Rolls	Tortillas & Cheese	Oranges & Animal Crackers	Carrot Sticks & Ranch	Cherry-Apple Oatmeal Bars
LUNCH	Cheesy Potato Soup with Bacon Bits, Fruit, & Milk	Penne in Alfredo with Peas, Fruit, & Milk	Hamburger Vegetable Soup with Rice, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Sloppy Joes, Chips, Pickles, Fruit, & Milk
PM Snack	Bananas & Grahams	Pumpkin Bread & Milk	Fig Newtons	Marshmallows & Pretzels	String Cheese

