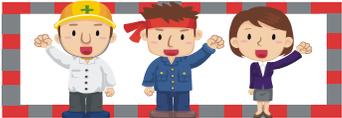




Covenant Schools of Rio Rancho September 2020 Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|--|
| WEEK 1 | Special Days | 1 | 2 | 3 | 4 |
| Breakfast | 15th Linguine Day! 18th Cheeseburger Day! | Cinnamon Brown Sugar Oatmeal & Milk | Cereal, Bananas & Milk | Waffles, Blueberries, & Milk | Egg Cups, Peaches, & Milk |
| AM Snack | | Pretzels & Wow! Butter | Cheese & Crackers | Carrot Sticks & Ranch | Yogurt & Blueberries |
| LUNCH | | Chicken and Rice Casserole with Mixed Veggies, Fruit, & Milk | Hamburger Vegetable Soup with Barley, Fruit, Saltines & Milk | Spaghetti in Marinara, Salad, Peaches & Milk | Meatball Sandwiches, Bananas, Salad, & Milk |
| PM Snack | | Bananas & Graham Crackers | Fresh Fruit & Goldfish | Cucumbers & Pretzels | Marshmallows & Graham Crackers |
| WEEK 2 | 7 | 8 | 9 | 10 | 11 |
| Breakfast | CLOSED FOR LABOR DAY!!!  | Blueberry Muffins & Milk | Bagels, Jelly, & Milk | Cream of Wheat, Oranges, & Milk | Cereal, Bananas & Milk |
| AM Snack | | Fresh Berries & Saltines | Oranges & Pretzels | Yogurt & Graham Crackers | Cucumbers & Ranch |
| LUNCH | | Salami Sandwiches, Pickles, Fruit, & Milk | Chef Salad with Ham, Cheese & Croutons, Pineapple, & Milk | Hamburger Steaks in Gravy, Rice, Mixed Veggies & Milk | Mini Pizzas, Salad, Peaches, & Milk |
| PM Snack | | Jell-O with Fruit | Oreos & Milk | Celery & Wow! Butter | Pudding & Animal Crackers |
| WEEK 3 | 14 | 15 | 16 | 17 | 18 |
| Breakfast | Waffles, Bananas, & Milk | Cinnamon Toast, Pears, & Milk | Cereal, Bananas, & Milk | English Muffins, Jelly, & Milk | Egg Cups, Peaches, & Milk |
| AM Snack | Juice & Goldfish | Cheese & Crackers | Tortillas & Cheese | Sliced Apples & Graham Crackers | Yogurt & Graham Crackers |
| LUNCH | Ham & Cheese Sandwiches, Pickles, Carrot Sticks & Milk | *Linguine* in a Lemon Cream Sauce with Peas, Breadsticks & Milk | Italian Pasta Salad with Tomatoes, Spinach, Ham & Cheese, Peaches, & Milk | Green Chile Chicken Soup, Tortillas, Oranges, & Milk | *Cheeseburger* Macaroni Casserole with Mixed Vegetables, Peaches, & Milk |
| PM Snack | Bananas & Vanilla Wafers | Pretzels & Wow! Butter | Applesauce & Animal Crackers | Carrot Sticks & Saltines | Pretzels & Marshmallows |
| WEEK 4 | 21 | 22 | 23 | 24 | 25 |
| Breakfast | Blueberry Oatmeal & Milk | Cereal, Bananas, & Milk | Blueberry Muffins & Milk | Pancakes, Peaches, & Milk | French Toast Sticks, Oranges, & Milk |
| AM Snack | Crackers & Cheese Sticks | Apple Juice & Animal Crackers | Lunch Meat & Crackers | Yogurt & Animal Crackers | Carrot Sticks & Ranch |
| LUNCH | Chicken Nuggets, Mashed Potatoes, Sliced Apples, & Milk | White Bean Soup, Tortillas, Sliced Oranges & Milk | Teriyaki Chicken Broccoli, Rice, Pineapple, & Milk | Cheesy Potato Soup with Ham, Saltines, Sliced Apples & Milk | Beef & Bean Soft Tacos with Cheese, Salad, & Milk |
| PM Snack | Oranges & Graham Crackers | Pudding & Pretzels | Oranges & Graham Crackers | Celery & Wow! Butter | Ice Cream Cups & Bananas |
| WEEK 5 | 28 | 29 | 30 | | |
| Breakfast | Egg Cups, Peaches, & Milk | Waffles, Fruit, & Milk | Cereal, Bananas, & Milk | | |
| AM Snack | Goldfish & Oranges | Cheese & Pretzels | Juice & Animal Crackers | | |
| LUNCH | Smoked Sausage with Roasted Peppers, Potatoes, Pears, & Milk | Chicken Noodle Soup with Mixed Veggies, Sliced Oranges, Saltines, & Milk | Tater Tot Casserole with Mixed Veggies, Pears, & Milk | | |
| PM Snack | Cucumbers & Saltines | Jell-O with Fruit | Sliced Apples & Wow! Butter | | |