



Covenant School of Rio Rancho June 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	English Muffins, Applesauce & Milk	Hot Oatmeal, Pears & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Mandarin Oranges & Juice	Bagels, Peaches & Milk
AM Snack	Sliced Oranges & Saltines	Vanilla Wafers & Milk	Honey dew & Town House Crackers	Vanilla yogurt & Graham Crackers	Town House Crackers & Juice
LUNCH	Taco Salad, Chips, Pears & Milk	Penne Pasta w/Meat Sauce, Bread, Peaches & Milk	Frito Pie w/Pinto Beans, Pineapple & Milk	Broccoli Cheese Soup, Crackers, Sliced Apples & Milk	Ham & Cheese Sandwiches, Chips, Pickles & Milk
PM Snack	Graham Crackers & Juice	Apples & Oranges	Brownies & Milk	Pretzels & Sliced Oranges	Animal Crackers & Milk
WEEK 2	9	10	11	12	13
Breakfast	Blueberry Pancakes & Milk	Biscuits, Jelly & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	English Muffins, Pears & Milk
AM Snack	Trail Mix & Juice	Pretzels & Sliced oranges	Chocolate Pudding w/Whip Cream	Vanilla Yogurt & Graham Crackers	Jello w/Fruit
LUNCH	Creamy Chicken Noodle w/Veggies, Pineapple & Milk	Hamburgers, French Fries, Pickles, Pears & Milk	Chicken Rice Casserole, Applesauce & Milk	Wow! Butter & Jelly Sandwiches, Fruit Cocktail & Milk	Meatballs w/Brown Gravy, Mashed Potatoes, Peaches & Milk
PM Snack	Crackers & Cheese	Oatmeal Cookies & Milk	Cucumber, Ranch & Saltines	Zucchini Bread & Milk	Vanilla Pudding & Milk
WEEK 3	16	17	18	19	20
Breakfast	Cereal, Bananas & Milk	Cinnamon Toast, Pears & Milk	Bagels, Jelly & Milk	Hot Oatmeal, Applesauce & Milk	French Toast, Peaches & Milk
AM Snack	Apples & Cheese	Goldfish & Juice	Graham Crackers & Strawberry yogurt	Celery w/Cream Cheese	Jelly Roll-Ups & Juice
LUNCH	White Chili Chicken Soup, Crackers, Fruit Cocktail & Milk	Cheese Quesadilla, Pinto Beans, Pineapple & Milk	Chicken Macaroni Salad, Crackers, Peaches & Milk	Beef Stew w/Veggies, Bread, Pears & Milk	Turkey Sandwiches, Chips, Pickles & Milk
PM Snack	Cinnamon Roll-Ups & Milk	Granola Bars & Juice	Watermelon & Crackers	Cantaloupe & Orange Slices	Vanilla Wafers & Sliced Oranges
WEEK 4	23	24	25	26	27
Breakfast	English Muffins, Peaches & Milk	Cereal, Bananas & Milk	Biscuits, Jelly & Milk	Cinnamon Toast, Pineapple & Juice	Cream of Wheat, Pears & Milk
AM Snack	Animal Crackers & Milk	Mixed Fruit Cup & Juice	Cheddar Cheese Squares & Town House Crackers	Jello w/Whip Cream	Strawberry Yogurt & Animal Crackers
LUNCH	Salisbury Steak, Scalloped Potatoes, Pears & Milk	Mac and Cheese, Peas, Fruit Cocktail & Milk	Sloppy Joes, Baked Beans, Pineapple & Milk	Vegetable Pasta Soup, Crackers, Peaches & Milk	Chicken Pot Pie w/Mixed Veggies, Applesauce & Milk
PM Snack	Goldfish & Cheese	Oreo Cookie Pudding & Milk	Trail Mix & Juice	Blueberries w/Whip Cream	Chocolate Chip Cookies & Milk
WEEK 5	30				
Breakfast	Cereal, Bananas & Milk				
AM Snack	Apples w/Wow! Butter				
LUNCH	BBQ Chicken Sandwiches, Corn, Pickles & Milk				
PM Snack	Pumpkin Bread & Milk				