



Covenant Schools of Rio Rancho-August 2014 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					1
Breakfast					Cereal, Bananas & Milk
AM Snack					Cantaloupe
LUNCH					Cheese Quesadillas, Pinto Beans, Mandarin Oranges & Milk
PM Snack					Ice Cream!!
WEEK 2	4	5	6	7	8
Breakfast	Cream of Wheat, Peaches & Milk	English Muffins, Jelly & Milk	Cereal, Bananas & Milk	Bagels, Pears & Milk	Pancakes, Bananas & Milk
AM Snack	Jello w/Whip Cream	Goldfish & Sliced Oranges	Animal Crackers & Milk	Apples & Oranges	Pretzels & Juice
LUNCH	Turkey Sandwiches, Potato Chips, Pickles & Milk	White Chicken Chili Soup, Saltines, Peaches & Milk	Sloppy Joes, Corn, Pineapple & Milk	Mac & Cheese, Peas, Pears & Milk	Meatballs w/Brown Gravy, Mashed Potatoes, Peaches & Milk
PM Snack	Chocolate Pudding w/Graham Crackers	Zucchini Bread & Milk	Brownies & Milk	Cranberry Muffins & Juice	Oatmeal Cookies & Milk
WEEK 3	11	12	13	14	15
Breakfast	Cinnamon Toast, Pineapple & Milk	French Toast & Milk	Biscuits, Jelly & Milk	Cereal, Bananas & Milk	Cream of Wheat, Pineapple & Milk
AM Snack	Jelly Roll-Ups	Fruit Loops & Bananas	Watermelon & Saltines	Vanilla Yogurt & Grahams	Celery w/Wow Butter!
LUNCH	Taco Salad, Corn Chips, Mandarin Oranges & Milk	Beef-A-Roni, Peas, Fruit Cocktail & Milk	Ham & Cheese Sandwiches, Tator Tots, Pickles & Milk	Chicken Noodle Soup, Saltines, Peaches & Milk	Grilled Cheese Sandwiches, Baked Beans, Pickles & Milk
PM Snack	Vanilla Wafers & Milk	Apples & Sliced Cheese	Town House Crackers & Cinnamon Applesauce	Trail Mix & Juice	Cinnamon Roll-Ups
WEEK 4	18	19	20	21	22
Breakfast	English Muffins, Peaches & Milk	Cereal, Bananas & Milk	Hot Oatmeal, Pears & Milk	Cinnamon Toast, Pineapple & Milk	Blueberry Pancakes & Milk
AM Snack	Honey dew Melon & Juice	String Cheese & Saltines	Granola Bars & Milk	Tortillas & Sliced Cheese	Fruit Loops & Pretzels
LUNCH	Chicken Nuggets, Cooked Carrots, Pineapple & Milk	Hamburgers, French Fries, Pickles & Milk	Spaghetti w/Meat Sauce, Green Beans, Fruit Cocktail & Milk	Mini Pizzas, Salad, Peaches & Milk	Chicken Salad Sandwiches, Pineapple, Pickles & Milk
PM Snack	Blueberry Muffins & Milk	Marble cake & Milk	Pretzels & Sliced Oranges	Grahams & Cheddar Cheese Squares	Cucumber w/Ranch & Town House Crackers
WEEK 5	25	26	27	28	29
Breakfast	Cream of Wheat, Pears & Milk	Waffles, Peaches & Milk	Cereal, Bananas & Milk	French Toast, Pineapple & Milk	Bagels, Cream Cheese & Milk
AM Snack	Cinnamon Apples & Milk	Trail Mix & Juice	Vanilla Wafers & Milk	Jello w/Fruit	Brownies & Milk
LUNCH	Tuna Sandwiches, Potato Chips, Pickles & Milk	Cheesy Potato Soup, Saltines, Pineapple & Milk	Soft Tacos, Pinto Beans, Mixed Fruit & Milk	Chef Salad, Town House Crackers, Peaches & Milk	Scalloped Potatoes w/Ham, Peas, Pears & Milk
PM Snack	Goldfish & Sliced Oranges	Animal Crackers & Milk	Strawberry Yogurt	Cantaloupe & Saltines	Apples & Sliced Oranges