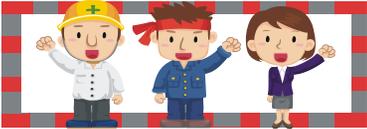




## Covenant Schools of Rio Rancho- September 2014 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>WEEK 1</b>	<b>Closed For Labor Day!</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b>		English Muffins, Mandarin Oranges, Jelly & Milk	Cereal, Bananas & Milk	Waffles, Pears & Milk	Bagels, Jelly & Milk
AM Snack		Graham Crackers & Cheese	Cucumbers, Ranch & Townhouse Crackers	Ambrosia Salad & Juice	Honey dew & Saltines
<b>LUNCH</b>		Turkey Sandwiches, French Fries, Fruit Cocktail & Milk	Meatballs w/Marinara Sauce, Garlic Bread, Pineapple & Milk	Chicken Noodle Soup, Saltines, Peaches & Milk	Penne Pasta w/Meat Sauce, Salad, Pears & Milk
PM Snack		Chocolate Pudding, Saltines & Milk	Cinnamon Applesauce & Graham Crackers	Oatmeal Cookies & Milk	Grahams & Vanilla Pudding
<b>WEEK 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Cereal, Bananas & Milk	Cream of Wheat, Pears & Milk	Biscuits, Jelly & Milk	Cinnamon Toast, Peaches & Milk	Hot Oatmeal, Pears & Milk
AM Snack	Oranges & Townhouse Crackers	Vanilla Yogurt & Goldfish	Trail Mix & Juice	Cheddar Cheese Squares & Saltines	Jelly Roll-Ups & Milk
<b>LUNCH</b>	Chicken Pasta Salad, Saltines, Pineapple & Milk	Cheesy Potato Soup, Bread, Peaches & Milk	Bean & Cheese Burritos, Spanish Rice, Pears & Milk	Chicken & Rice Casserole, Mixed Veggies, Pineapple & Milk	Fish Sticks, Peas, Sliced Oranges & Milk
PM Snack	Fruit w/Whip Cream & Saltines	Bananas & Apples	Chocolate Cake & Milk	Animal Crackers & Yogurt	Goldfish & Pretzels
<b>WEEK 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	Bagels, Cream Cheese, Jelly & Milk	English Muffins, Pineapple & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches & Milk	Cinnamon Toast, Pears & Milk
AM Snack	Applesauce & Graham Crackers	Vanilla Wafers & Yogurt	String Cheese & Townhouse Crackers	Chocolate Chip Cookies & Milk	Fruit Loops & Bananas
<b>LUNCH</b>	Frito Pie w/Beans, Peaches & Milk	Ham & Cheese Sandwiches, Potato Chips, Green Beans & Milk	Chicken Nuggets, Tator Tots, Pineapple & Milk	Salisbury Steak, Mashed Potatoes, Gravy, Peas & Milk	Beef & Barley Soup, Grilled Cheese, Fruit Cocktail & Milk
PM Snack	Honeydew & Saltines	Granola Bars & Milk	Saltines & Mixed Fruit	Celery w/Wow Butter & Raisins	Tortillas & Cheese
<b>WEEK 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	Hot Oatmeal, Peaches & Milk	French Toast, Mixed Fruit & Milk	English Muffins, Pears & Milk	Cereal, Bananas & Milk	Scrambled eggs, Toast & Milk
AM Snack	White Cake & Milk	Animal Crackers & Milk	Graham Crackers & Cheese	Vanilla Wafers & Pudding	Jello w/Fruit
<b>LUNCH</b>	Hamburgers, Potato Chips, Pickles, Mixed Veggies & Milk	Chicken and Cheese Enchiladas, Pinto Beans, Pears & Milk	Chicken & Rice Casserole, Green Beans, Pineapple & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk	Elbow Pizza Casserole w/Ground Beef, Salad, Peaches & Milk
PM Snack	Cinnamon Roll-Ups & Milk	Brownies & Milk	Watermelon & Sliced Apples	Trail Mix & Juice	Cucumbers w/Ranch & Saltines
<b>WEEK 5</b>	<b>29</b>	<b>30</b>			
<b>Breakfast</b>	Cereal, Bananas & Milk	Bagels, Jelly & Milk			
AM Snack	Goldfish & Graham Crackers	Saltines & Cinnamon Applesauce			
<b>LUNCH</b>	Broccoli & Cheese Soup, Corn, Mandarin Oranges & Milk	Meatballs w/Brown Gravy, Mashed Potatoes, Pineapple & Milk			
PM Snack	Strawberry Yogurt & Townhouse Crackers	String Cheese & Saltines			