



# Covenant Schools of Rio Rancho-July 2015 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>			<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>			English Muffins, Jelly & Milk	Cereal, Bananas & Milk	<b>Closed</b>
<b>AM Snack</b>			Grahams & Bananas	Tortillas & Cheese	<b>For the</b>
<b>LUNCH</b>			Spaghetti w/Marinara, Garlic Toast, Salad & Milk	Teriyaki Chicken, White Rice, Broccoli, Pineapple & Milk	<b>4<sup>th</sup> of July!!</b>
<b>PM Snack</b>			Pretzels & Juice	Strawberry Cake & Milk	
<b>WEEK 2</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b>	Cinnamon Toast, Bananas & Milk	Bagels w/Cream Cheese, Jelly & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk
<b>AM Snack</b>	Goldfish & Juice	Pretzels & Cheese	Oranges & Milk	Celery & Wow! Butter	Grahams & Milk
<b>LUNCH</b>	Turkey Sandwiches, Pretzels, Pickles, Peaches & Milk	Hamburger Casserole, Green Beans, Peaches & Milk	Cheesy Broccoli Soup, Saltines, Oranges & Milk	Mini Pizzas, Salad, Pineapple & Milk	Meatballs w/Gravy, Mashed Potatoes, Green Beans, Peaches & Milk
<b>PM Snack</b>	Crackers & Wow! Butter	Cinnamon Apples & Milk	Ambrosia Salad & Crackers	Yogurt & Berries	Chocolate Cake & Milk
<b>WEEK 3</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b>	Waffles, Bananas & Milk	Ham & Cheese Egg Cups, Oranges & Milk	English Muffins, Jelly & Milk	Cereal, Bananas, & Milk	Pancakes, Mixed Fruit & Milk
<b>AM Snack</b>	Crackers & Cheese	Pretzels & Oranges	Animal Crackers & Juice	Carrots & Ranch	Crackers & Cheese
<b>LUNCH</b>	Sloppy Joes, Tator Tots, Pickles, Peaches & Milk	Beef Stroganoff, Peas, Oranges & Milk	Tomato Noodle Soup, Bread, Pineapple & Milk	Chicken Salad Sandwiches, Pretzels, Pickles, Oranges & Milk	Chicken Parmesan, Salad, Peaches & Milk
<b>PM Snack</b>	Oatmeal Cookies & Milk	Cinnamon Roll-ups & Milk	Banana Bread & Milk	Goldfish & Pretzels	Vanilla Wafers & Pudding
<b>WEEK 4</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breakfast</b>	Oatmeal, Bananas & Milk	Biscuits, Jelly & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	French Toast, Bananas & Milk
<b>AM Snack</b>	Tortillas & Cheese	Animal Crackers & Juice	Pretzels & Cheese	Apples & Wow! Butter	Trail Mix & Juice
<b>LUNCH</b>	Beef Tips in Gravy on Rice, Mixed Veggies, Oranges & Milk	Chicken Noodle Soup w/Veggies, Apple slices, Crackers & Milk	Hama & Cheese Sandwiches, Chips, Pickles, Pears & Milk	Cheesy Chicken Scalloped Potatoes, Mixed Veggies, Oranges & Milk	Chef Salad, Croutons, Peaches & Milk
<b>PM Snack</b>	Grahams & Yogurt	Cinnamon Apples & Milk	Ambrosia Salad & Grahams	Rice Krispie Treats & Milk	Cookies & Milk
<b>WEEK 5</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>Breakfast</b>	Cinnamon Toast & Milk	Biscuits w/Gravy, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	
<b>AM Snack</b>	Fruit Cocktail & Crackers	Grahams & Juice	Tortillas & Cheese	Cucumbers & Ranch	
<b>LUNCH</b>	Cornbread, Chili w/Beans, Green Beans & Milk	Turkey Veggie Soup, Saltines, Peaches & Milk	Chicken & Rice Casserole w/Broccoli, Oranges & Milk	Beef, Potato & Veggie Stew, Peaches & Milk	
<b>PM Snack</b>	Yogurt & Berries	Applesauce Cake & Milk	Vanilla Wafers & Milk	Jello w/Fruit	