



## Covenant Schools of Rio Rancho- September 2015 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
<b>Breakfast</b>		Cinnamon Toast, Bananas & Milk	Ham & Cheese Egg Cups, Oranges & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk
AM Snack		Cucumbers & Ranch	Goldfish Crackers & Fruit	Pretzels & Cheese	Celery with Wow! Butter
<b>LUNCH</b>		Sloppy Joes, Chips, Pickles, Pears & Milk	Cheesy Potato Soup w/Ham, Peaches, Saltines & Milk	Beef and Rice Casserole with Vegetables, Pineapples, & Milk	Chicken Alfredo, Salad, Peaches, & Milk
PM Snack		Yogurt & Graham Crackers	Cookies & Milk	Banana Bread & Milk	Ambrosia Salad & Crackers
WEEK 2	7	8	9	10	11
<b>Breakfast</b>	<b>Closed</b>	Bagels with Jelly & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Peaches & Milk
AM Snack	<b>For</b>	Crackers & Cheese	Oranges & Pretzels	Goldfish & Juice	Carrots & Ranch
<b>LUNCH</b>	<b>Labor</b>	Turkey & Cheese Sandwiches, Chips, Pickles, Pineapple, & Milk	Beef Stroganoff, Peas, Oranges, & Milk	Beef & Vegetable Stew, Crackers, Pears, & Milk	Chicken & Rice Casserole, Broccoli, Peaches, & Milk
PM Snack	<b>Day</b>	Cinnamon Roll Ups & Milk	Animal Crackers & Lemonade	Cornbread & Jelly	Rice Krispies & Milk
WEEK 3	14	15	16	17	18
<b>Breakfast</b>	Chicken Waffle Bites, Oranges & Milk	Blueberry Oatmeal & Milk	Cinnamon Toast, Oranges & Milk	Cereal, Bananas & Milk	Waffles, Bananas & Milk
AM Snack	Graham Crackers & Juice	Tortillas & Cheese	Animal Crackers & Juice	Cornbread & Jelly	Rice Krispie Treats & Milk
<b>LUNCH</b>	Tomato Chicken Noodle Soup, Crackers, Pineapple, & Milk	<u>Linguine with Meat Sauce</u> , Garlic Toast, Peaches, & Milk	Tater-Tot Casserole with Ground Beef & Veggies, Bread, Peaches, & Milk	Mini Pizzas, Salad, Pineapple, & Milk	<u>Cheeseburgers</u> , Pickles, Chips, Peaches, & Milk
PM Snack	Oranges & Crackers	Marshmallows & Graham Crackers	Blueberries & Yogurt	Bananas & Wow Butter	Cookies & Milk
WEEK 4	21	22	23	24	25
<b>Breakfast</b>	English Muffins, Jelly & Milk	Cinnamon Toast, Mixed Fruit & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk
AM Snack	Tortillas & Cheese	Ham & Cheese Cracker Sandwiches	Trail Mix & Milk	Apples w/Wow! Butter	Carrots & Ranch
<b>LUNCH</b>	Chicken Nuggets, Mixed Vegetables, Peaches, & Milk	Sloppy Joes, Chips, Pickles, Oranges, & Milk	Beef-A-Roni, Mixed Vegetables, Pineapple, & Milk	Chef Salad with Ham, Garlic Bread, Pears, & Milk	Teriyaki Chicken, Rice, Broccoli, Pineapple, & Milk
PM Snack	Vanilla Pudding & Vanilla Wafers	Cinnamon Apples & Milk	Jell-O & Fruit	<u>Cherry Ice Cream</u>	Yogurt & Graham Crackers
WEEK 5	28	29	30	<b>The underlined items are in celebration of the following national holidays:</b> <b>*15<sup>th</sup>: Linguine Day</b> <b>*18<sup>th</sup>: Cheeseburger Day</b> <b>*24<sup>th</sup>: Cherries Jubilee Day</b> <b>*28<sup>th</sup>: Strawberry Cream Pie Day</b>	
<b>Breakfast</b>	Waffles, Bananas & Milk	Pancakes, Oranges & Milk	Ham & Cheese Egg Cups, Pears, & Milk		
AM Snack	Pretzels & Cheese	Yogurt & Graham Crackers	Crackers & Cheese		
<b>LUNCH</b>	Chicken Noodle Soup with Veggies, Crackers, Pears & Milk	Cheesy Scalloped Potatoes with Ham, Peas, Peaches & Milk	Frito Pie, Corn, Pineapples & Milk		
PM Snack	<u>Strawberry Cream Pie &amp; Milk</u>	Vanilla Wafers & Fruit	Trail Mix & Juice		