



# Covenant Schools of Rio Rancho-January 2016



	Monday	Tuesday	Wednesday	Thursday	Friday			
<b>WEEK 1</b>	<b>List of National Holidays: Jan 4<sup>th</sup>- Spaghetti Day</b> <b>Jan 11<sup>th</sup>- Milk Day</b> <b>Jan 20<sup>th</sup>- Cheese Lover's Day</b> <b>Jan 27<sup>th</sup>- Chocolate Cake Day</b>				<b>1</b>			
<b>Breakfast</b>					<b>Closed</b> <b>For</b> <b>New</b> <b>Years!</b>			
AM Snack								
<b>LUNCH</b>								
PM Snack								
<b>WEEK 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>			
<b>Breakfast</b>	Bagels w/Jelly & Milk	Cinnamon Toast, Mixed Fruit & Milk	Cereal, Bananas & Milk	Biscuits w/Gravy, Oranges & Milk	Strawberry Oatmeal & Milk			
AM Snack	Yogurt & Animal Crackers	Applesauce & Pretzels	Apples & Cheese	Carrots & Ranch	Celery w/Wow! Butter			
<b>LUNCH</b>	<u>Spaghetti</u> w/Meat Sauce, Salad, Pears & Milk	Beef Stroganoff, Peas, Peaches & Milk	Ham & Cheese Sandwiches, Pretzels, Pickles, Oranges & Milk	Penne Pasta Bake, Salad, Peaches & Milk	Cheesy Broccoli Soup w/Chicken & Rice, Crackers, Pineapple & Milk			
PM Snack	Graham Crackers & Fruit	Trail Mix & Juice	Banana Bread & Juice	Vanilla Wafers & Pudding	Oreo's & Fruit			
<b>WEEK 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>			
<b>Breakfast</b>	English Muffins w/Jelly & <u>Milk</u>	French Toast Sticks, Oranges & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Waffles, Bananas & Milk			
AM Snack	Animal Crackers & Fruit	Cheez-its & Juice	Ham & Cheese Cracker Sandwiches	Cucumbers & Ranch	Yogurt & Blueberries			
<b>LUNCH</b>	Turkey & Cheese Sandwiches, Pretzels, Pickles, Pears & <u>Milk</u>	Hamburgers, Tator tots, Pickles, Peaches & Milk	Green Chile Beef Stew (very mild) Bread, Pineapple & Milk	Chef Salad w/Ham & Croutons, Garlic Toast, Peaches & Milk	Red Chile Chicken Enchiladas, Mixed Veggies, Peaches & Milk			
PM Snack	Bananas & Vanilla Wafers	Pretzels & Cheese	Combread & Jelly	Trail Mix & Juice	Oranges & Pretzels			
<b>WEEK 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>			
<b>Breakfast</b>	<b>Closed</b>	Biscuits w/Jelly & Milk	Cereal, Bananas & Milk	Breakfast Sandwiches, Oranges & Milk	Pancakes, Bananas & Milk			
AM Snack	<b>For</b>	Pretzels & Cheese	Oranges & Graham Crackers	Carrots & Ranch	Celery & Wow! Butter			
<b>LUNCH</b>	<b>Martin Luther</b>	Frito Pie, Corn, Pineapple & Milk	<u>Cheesy</u> Scalloped Potatoes w/Chicken, Peas, Pears & Milk	Meatballs in Gravy, Mashed Potatoes, Green Beans, Oranges & Milk	Chicken Noodle Soup w/Veggies, Crackers, Peaches & Milk			
PM Snack	<b>King, Jr. Day!</b>	Chocolate Pudding & Pretzels	Banana Bread & Juice	Applesauce & Graham Crackers	Bananas & Vanilla Wafers			
<b>WEEK 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>			
<b>Breakfast</b>	Cinnamon Toast, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal Bananas & Milk	Waffles, Peaches & Milk	Cream of Wheat, Oranges & Milk			
AM Snack	Strawberry Yogurt & Graham Crackers	Crackers & Cheese	Apples w/Wow! Butter	Cucumbers & Ranch	Animal Crackers & Juice			
<b>LUNCH</b>	Chicken Nuggets, Mixed Veggies, Peaches & Milk	Sloppy Joes, Pickles, Chips, Peaches & Milk	Chicken Fajitas, w/Veggies, Pinto Beans, Pineapples & Milk	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Chicken Tomato & Rice Soup, Crackers, Peaches & Milk			
PM Snack	Celery w/Wow! Butter	Yogurt & Milk	<u>Chocolate Cake</u> & Milk	Jell-o w/Fruit	Bananas w/Wow! Butter			