



Covenant School of Rio Rancho June 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast	National Holidays: *7: Chocolate Ice Cream Day *17: Eat Your Veggies Day *21: Peaches & Cream Day		Cereal, Bananas & Milk	Biscuits & Gravy, Oranges, & Milk	Strawberry Oatmeal & Milk
AM Snack			Apples & Cheese	Carrots & Ranch	Celery & Wow! Butter
LUNCH			Ham & Cheese Sandwiches, Pretzels, Oranges & Milk	Penne Pasta Bake, Salad, Peaches & Milk	Chicken Tomato & Rice Soup, Peaches & Milk
PM Snack			Rice Krispie Treats & Juice	Vanilla Wafers & Pudding	Crackers & Cheese
WEEK 2	6	7	8	9	10
Breakfast	English Muffins w/Jelly & Milk	French Toast Sticks, Oranges & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Waffles, Bananas & Milk
AM Snack	Animal Crackers & Fruit	Tortillas & Cheese	Ham, Cheese, & Crackers	Cucumbers & Ranch	Yogurt & Blueberries
LUNCH	Turkey & Cheese Sandwiches, Kettle Chips, Pickles, Pears & Milk	Hamburger Tater Tot Casserole with Vegetables, Peaches & Milk	Green Chile Beef Stew (very mild) Bread, Pineapple & Milk	Chef Salad w/Ham & Croutons, Garlic Toast, Peaches & Milk	Red Chile Chicken Enchiladas, Salad, Peaches & Milk
PM Snack	Trail Mix & Juice	Chocolate Ice Cream & Bananas	Cornbread & Jelly	Bananas & Vanilla Wafers	Oranges & Pretzels
WEEK 3	13	14	15	16	17
Breakfast	Bagels w/Cream Cheese & Milk	Biscuits w/Jelly & Milk	Cereal, Bananas & Milk	Breakfast Casserole (eggs, ham, cheese, potatoes), Oranges & Milk	Cinnamon Toast, Bananas & Milk
AM Snack	Yogurt & Animal Crackers	Pretzels & Cheese	Oranges & Graham Crackers	Carrots & Ranch	Cucumbers & Saltines
LUNCH	Spaghetti w/Meat Sauce, Salad, Pears & Milk	Frito Pie, Corn, Pineapple & Milk	Chicken Noodle Soup w/Veggies, Crackers, Peaches & Milk	Meatballs in Gravy, Mashed Potatoes, Green Beans, Oranges & Milk	Cheesy Scalloped Potatoes w/Chicken, Peas , Pears & Milk
PM Snack	Graham Crackers & Fruit	Chocolate Pudding & Pretzels	Banana Bread & Juice	Applesauce & Graham Crackers	Celery & Wow! Butter
WEEK 4	20	21	22	23	24
Breakfast	Biscuits w/Gravy, Pears & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	Blueberry Pancakes & Milk
AM Snack	Carrots & Ranch	Animal Crackers & Juice	Crackers & Cheese	Yogurt & Berries	Trail Mix & Milk
LUNCH	Chicken Alfredo, Peas, Peaches & Milk	Cheesy Broccoli Soup w/Chicken & Rice, Crackers, Pineapple & Milk	Cheesy Potato Soup, Crackers, Pears & Milk	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Sloppy Joes, Chips, Pickles, Peaches & Milk
PM Snack	Banana Bread & Milk	Peaches & Cream	Rice Krispies & Milk	Oranges & Saltines	Celery & Wow! Butter
WEEK 5	27	28	29	30	
Breakfast	Cinnamon Toast, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal Bananas & Milk	Waffles, Peaches & Milk	
AM Snack	Strawberry Yogurt & Graham Crackers	Crackers & Cheese	Apples w/Wow! Butter	Cucumbers & Ranch	
LUNCH	Chicken Nuggets, Mixed Veggies, Peaches & Milk	Ham & Cheese Sandwiches, Pickles, Kettle Chips, Peaches & Milk	Southwest Chicken and Rice Casserole w/Veggies, Pineapples & Milk	Mini Pizzas, Salad, Fruit Cocktail & Milk	
PM Snack	Jell-o w/Fruit	Yogurt & Blueberries	Chocolate Cake & Milk	Bananas & Wow! Butter	