

Covenant School of Rio Rancho July 2016 Menu



Martinal Holidays Strawberry Ostmaci & Milk Strawberry Ostmaci & Milk Strawberry Ostmaci & Milk Strawberry Martin Roy Strawberry Martin Ro		Monday	Tuesday	Wednesday	Thursday	Friday
AM Srock LUNCH PM Snack WEEK 2 4 5 6 7 8 Breakfast AM Snack Closed for LUNCH 4th of July! PM Snack WEEK 3 11 12 13 14 Breakfast Begels w/Jelly 4 Milk **Yogurt 4 Grotun Crackers **Yogurt 4 Grotun Crackers Crackers 4 Milk **Yogurt 4 Grotun Crackers Crackers 4 Milk **Yogurt 4 Grotun Crackers Crackers 4 Milk Biscut swylely 4 Milk Biscut swylely 4 Milk Biscut swylely 4 Milk Biscut swylely 4 Milk French Toast 5 thick, Bananas 4 Milk PM Snack LUNCH Chef Salad w/ Ham 4 Crautens, Pincapple 4 Milk PM Snack **Blueberry Murfins 4 Milk Combread 4 Telly Combread 4 Telly Combread 4 Telly Compres 4 Soltines Courumbers 4 Soltines Yogurt 4 Annian Crackers Annian Crackers Crackers 6 Cheese Bananas 4 Week Butter Ice Crean 8 Bananas French Toast 5 thick, Bananas Milk Biscut swylely 4 Milk French Toast 5 thick, Bananas 6 Milk PM Snack **Blueberry Murfins 4 Milk Combread 4 Telly Combread 4 Telly Combread 4 Telly Combread 4 Telly Combread 8 Milk All Snack Dranges 6 Grotun Chackers UNCH Green Chile Chicken Soug (very millo) Torillias, Peaches 4 Milk All Snack Sliced Apples 4 Cheese Torillias A Cheese Courumbers 4 Soltines Courumbers 4 Soltines Yogurt 4 Annian Crackers Week 5 25 26 27 28 Breakfast Strowberry Outmeal 6 Milk PM Snack Sliced Apples 4 Chicken Torillias A Cheese Yogurt 4 Peaches A Milk Corean 6 Milk All K Courumbers 4 Soltines Courumbers 5 Solder Peaches 4 Milk All K Corean 6 Milk PM Snack Courumbers 4 Soltines Courumbers 4 Soltine	WEEK 1		,	·		1
### American Day ### American Day ### 118.beberny Muffin by ### 13.iFrench Fry Day ### 5 6 7 ### 8 ### 5 6 7 ### 8 ### 15 6 7 ### 8 ### 15 6 7 ### 15 8 ### 15 6 7 ### 15 8 ### 15 8 ### 15 8 ### 15 9 ### 15 8 ### 15 8 ### 15 9 ### 15 8 ### 15 9 ### 15 8 ### 15 9 ### 15 8 ### 15 8 ### 15 9 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8 ### 15 8	Breakfast	•				Strawberry Oatmeal & Milk
PM Snack WEEK 2 4 5 6 7 8 Breakfast AM Snack Closed for LUNCH 4th of July! PM Snack WEEK 3 11 12 13 14 15 Breakfast Bagels w/Jelly & Milk AM Snack Cereal, Bananas & Milk Cereal, Bananas & Milk AM Snack WEEK 3 11 12 13 14 15 Breakfast Bagels w/Jelly & Milk AM Snack WEEK 3 11 12 13 14 15 Breakfast Bagels w/Jelly & Milk AM Snack Sliced Apples & Cheese Animal Crackers & Julice Chicken Noodle Soup Phospile & Milk PM Snack WEEK 4 18 19 20 21 22 Breakfast English Murif Ins w/Jelly & milk AM Snack Tengles Animal Crackers & Milk AM Snack Tengles Animal Crackers & Milk AM Snack Tengles Animal Crackers & Milk PM Snack Tengles Animal Crackers & Milk AM Snack Tengles Animal Crackers & Milk Tengles Animal Crackers Tengle	AM Snack					Animal Crackers & Juice
WEEK 2 4 5 6 7 8	LUNCH					
Cereal, Bananas & Milk Cream of Wheat, Oranges & Milk Cinnamon toost, Bananas & Milk Blueberry Pancokes & Milk	PM Snack					Yogurt & Graham Crackers
Sliced Apples & Cheese Celery Sticks & Wowl Butter Applesauce & Pretzels Oranges & Saltines	WEEK 2	4	5	6	7	8
LUNCH 4th of July! Chicken tomato & Rice Soup, Saltines, Peaches & Milk **Yogurt & Graham Crackers WEEK 3 11 12 13 14 15 Breakfast Bagels W/Jelly & Milk AM Snack Sliced Apples & Cheese Animal Crackers & Julice Pretected & Milk Pickles, Peaches & Milk Pickles, Peaches & Milk Pickles, Peaches & Milk Cornobread & Jelly Chicken Noages & Graham Crackers WEEK 4 18 19 20 21 22 Breakfast English Muffins w/Jelly & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese Cucumbers & Ranch Cornobread & Jelly Cucumbers & Ranch Cornobread & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese LUNCH Cheese Sandwiches, Pickles, Peaches & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese LUNCH Cheese Sandwiches, Pickles, Peaches & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese LUNCH Cornobread & Jelly Coucumbers & Ranch Cornobread & Milk Cornobread & Jelly Coucumbers & Saltines Vogurt & Animal Crackers WEEK 4 Blueberry Oatmeal & Milk Waffles, Bananas & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese Cucumbers & Ranch Carrot Sticks & Saltines Vogurt & Rice Caserole w/Green Bana, Pincepple & Milk Waffles, Bananas & Milk All Milk PM Snack Sliced Apples & Cheese Yogurt & Rice Caserole w/Green Bana, Pincepple & Milk Waffles, Bananas & Milk Pacaches & Milk Coreal, Bananas & Milk Breakfast Caserole prophes & Allik Preaches & Milk Pacaches & Milk Pa	Breakfast		Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Cinnamon toast, Bananas & Milk	Blueberry Pancakes & Milk
LUNCH 4th of July! Chicken tomato & Rice Soup, Saltines, Peaches & Milk **Yogurt & Graham Crackers **Chicken Macaroni Salad w/Peas, Gravy, Pineapple & Milk **Yogurt & Graham Crackers **Chicken Macaroni Salad w/Peas, Gravy, Pineapple & Milk **Yogurt & Graham Crackers **Chicken Macaroni Salad w/Peas, Gravy, Pineapple & Milk **Yogurt & Graham Crackers **Chicken Macaroni Salad w/Peas, Gravy, Pineapple & Milk **Yogurt & Graham Crackers **Chicken Macaroni Salad w/Peas, Gravy, Pineapple & Milk **Sucat Swy Jelly & Milk **Sucat Apples & Cheese **Chicken Nacode Sup, Wilk Blueberry Oatmeal & Milk **Sliced Apples & Cheese **Chicken Nacode Sup, Wilk Blueberry Oatmeal & Milk **Sliced Apples & Cheese **Chicken Nacode Soup, w/Veggies, Peaches & Milk **Sliced Apples & Milk **Sliced Mylam & Croutons, Pineapple & Milk **Blueberry Muffins & Milk **Green Chile Chicken Enchilodas, Milk Mini Pizzas, Salad, Pineapple & Milk **Green Chile Chicken Faches & Milk **Blueberry Oatmeal & Milk **Blueberry Muffins & Milk **Blueberry Muffins & Milk **Blueberry Muffins & Milk **Green Chile Chicken Faches & Milk **Gre	AM Snack	Closed for	Sliced Apples & Cheese	Celery Sticks & Wow! Butter	Applesauce & Pretzels	Oranges & Saltines
WEEK 3	LUNCH			1	· ·	
Breakfast Bagelsw/Jelly & Milk Cereal, Bananas & Milk AM Snack Sliced Apples & Cheese Animal Crackers & Juice Chef Saladw/Ham & Croutons, Pineapple & Milk PM Snack PM Snack Pmesser P	PM Snack		**Yogurt& Graham Crackers	Crackers & Cheese	Bananas & Wow! Butter	Ice Cream & Bananas
## Speckfast Bagels W. Jelly & Milk Cereal, Bananas & Milk Blueberry Oatmeal & Milk Milk ## Sloppy Joes, French Fries, Pickles, Peaches & Milk Cornbread & Jelly Cucumbers & Saltines Solad, Peaches & Milk Waffers ## Slueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Yogurt & Animal Crackers Banana Pudding & Vanilla Wafers ## Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Yogurt & Animal Crackers Banana Pudding & Vanilla Wafers ## Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Yogurt & Animal Crackers Banana Pudding & Vanilla Wafers ## Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Yogurt & Animal Crackers Banana Pudding & Vanilla Wafers ## Blueberry Oatmeal & Milk Waffles, Bananas & Milk PM Snack Sliced Apples & Cheese Sandwiches, Pickles, Kettle Chips, Pineapple & Milk Pacches & Milk Pacche	WEEK 3	11	12	13	14	15
LUNCH Chef Saladw/Ham & Croutons, Pineapple & Milk PM Snack **Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines **Solopy Joes, French Fries, Pickles, Peaches & Milk PM Snack **Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Yogurt & Animal Crackers Banana Pudding & Vanilla Wafers WEEK 4 18 19 20 21 22 Breakfast English Muffinsw/Jelly & milk Cereal, Bananas & Milk AM Snack Oranges & Graham Crackers Foren Chile Chicken Soup (very mild) Tortillas, Peaches & Milk PM Snack Sliced Apples & Cheese Vogurt & Peaches & Milk Cereal, Bananas & Milk PM Snack Sliced Apples & Cheese Sondwiches, Pickles, Kettle Chips, Pineapple & Milk WEEK 5 25 26 Breakfast Strawberry Oatmeal & Milk Cereal, Bananas & Milk Cereal, Bananas & Milk Cereal, Bananas & Milk Peaches & Milk Spaghetti w/Meat sauce, Salad, Peaches & Milk Peaches & Milk Spaghetti w/Meat sauce, Salad, Peaches & Milk Peaches & Milk Sliced Apples & Cheese Chicken & Rice Casserole w/Green Beans, Pineapple & Milk Cucumbers & Saltines Chicken & Rice Casserole w/Green Beans, Pineapple & Milk Cucumbers & Saltines Cucumbers & Saltines Cucumbers & Saltines Cucumbers & Saltines Chicken & Rice Casserole w/Green Beans, Pineapple & Milk Cucumbers & Saltines Cucumbers & Saltines Cucumbers & Saltines Cucumbers & Saltines Chicken & Rice Casserole w/Green Beans, Pineapple & Milk Cheese, Chicken Soullop Potatoes w/Peas, Peaches & Milk Cucumbers & Saltines Cucumbers & Milk Cereal, Banana Pudding & Vanilla Mufers Spaghetti w/Meat sauce, Salad, Peaches & Milk Carrot Sticks & Saltines Chicken Nages & Milk Cheese Chicken Soupheter Sandwiches Chicken Waffle Bites, Bananas A Milk Chicken Nages & C	Breakfast	Bagelsw/Jelly & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Jelly & Milk	-
Pineapple & Milk PM Snack **Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Pineapple & Milk PM Snack **Blueberry Muffins & Milk Cornbread & Jelly Cucumbers & Saltines Pineapple & Milk PM Snack	AM Snack	Sliced Apples & Cheese	Animal Crackers & Juice	Pretzels & Oranges	Carrot Sticks & Ranch	Goldfish & Juice
WEEK 4 18 19 20 21 22 Breakfast English Muffins w/Jelly & milk Cereal, Bananas & Milk AM Snack Corrot Sticks & Saltines Carrot Sticks & Saltines Vogurt & Blueberries Chicken Sculp Potatoes w/Peaches Amilk PM Snack Sliced Apples & Cheese Vogurt & Peaches Amilk PM Snack Sliced Apples & Cheese Strawberry Oatmeal & Milk Cereal, Bananas & Milk Cereal, Bananas & Milk Cereal, Bananas & Milk Maffles, Bananas & Milk Cheese Sandwiches, Pickles, Kettle Chips, Pineapple & Milk Am Snack Sliced Apples & Cheese Strawberry Oatmeal & Milk Cereal, Bananas	LUNCH	1			,	•
Breakfast English Muffins w/Jelly & milk Cereal, Bananas & Milk Cinnamon Toast, Oranges & Milk Blueberry Oatmeal & Milk Waffles, Bananas & Milk AM Snack Oranges & Graham Crackers Tortillas & Cheese Cucumbers & Ranch Carrot Sticks & Saltines Yogurt & Blueberries LUNCH Green Chile Chicken Soup (very mild) Tortillas, Peaches & Milk PM Snack Sliced Apples & Cheese Sandwiches, Pickles, Kettle Chips, Pineapple & Milk Yogurt & Peaches & Milk Peaches & Milk PM Snack Sliced Apples & Cheese Sandwiches, Pickles, Kettle Chips, Pineapple & Milk Peaches Sald & Crackers Cinnamon Apples & Saltines Cucumbers & Saltines WEEK 5 25 26 27 28 29 Breakfast Strawberry Oatmeal & Milk Cereal, Bananas & Milk Peaches & Milk Cereal, Bananas & Milk Milk Cereal, Bananas & Milk Peaches & Milk Cereal, Bananas & Milk Peaches & Saltines Celery & Wowl Butter Sandwiches LUNCH Quesadillas, Baked Beans, Pineapple & Milk Pineapple & Milk Peaches & Milk Peach	PM Snack	**Blueberry Muffins & Milk	Cornbread & Jelly	Cucumbers & Saltines	Yogurt & Animal Crackers	
AM Snack Oranges & Graham Crackers Tortillas & Cheese Cucumbers & Ranch Carrot Sticks & Saltines Yogurt & Blueberries Chicken Soup (very mild) Tortillas, Peaches & Milk PM Snack Sliced Apples & Cheese Yogurt & Peaches Amilk Preakfast Strawberry Oatmeal & Milk AM Snack Goldfish & Oranges Carrot Sticks & Saltines Chicken & Rice Casserole w/Green Beans, Pineapple & Milk Preaches & Milk Cinnamon Apples & Saltines Cucumbers & Saltines Cucumbers & Saltines	WEEK 4	18	19	20	21	22
LUNCH Green Chile Chicken Soup (very mild) Tortillas, Peaches & Milk PM Snack Sliced Apples & Cheese Yogurt & Peaches Amilk Feaches & Milk PM Snack Sliced Apples & Cheese Yogurt & Peaches Milk Cereal, Bananas & Milk Amilk Amilk Amilk Amilk Amilk Cereal, Bananas & Milk Amilk Am	Breakfast	English Muffins w/Jelly&milk	Cereal, Bananas & Milk	Cinnamon Toast, Oranges & Milk	Blueberry Oatmeal & Milk	Waffles, Bananas & Milk
LUNCH Green Chile Chicken Solip (very mild) Tortillas, Peaches & Milk Pickles, Kettle Chips, Pineapple & Milk Peaches	AM Snack	Oranges & Graham Crackers	Tortillas & Cheese	Cucumbers & Ranch	Carrot Sticks & Saltines	Yogurt & Blueberries
WEEK 5 25 26 27 28 29 Breakfast Strawberry Oatmeal & Milk Cereal, Bananas & Milk AM Snack Goldfish & Oranges Trail Mix & Juice Carrot Sticks & Saltines Celery & Wow! Butter Guesadillas, Baked Beans, Pineapple & Milk Potatoes, Peaches & Milk Cereal, Bananas & Milk Breakfast Casserole, Peaches & Cream of Wheat, Oranges & Milk Cream of Wheat, Oranges & Milk Celery & Wow! Butter Celery & Wow! Butter Sandwiches Chicken Nuggets, Mashed Potatoes, Peaches & Milk Chicken Nuggets, Mashed Potatoes, Peaches & Milk Kettle Chips, Pickles, Pears & Milk Soup, Peaches & Milk W/Corn, Pears & Milk	LUNCH		Pickles, Kettle Chips, Pineapple			Potatoes w/Peas, Peaches
Breakfast Strawberry Oatmeal & Milk Cereal, Bananas & Milk Cereal, Bananas & Milk Milk Cereal, Bananas & Milk Celery & Wow! Butter Sandwiches Sandwiches Chicken Waffle Bites, Bananas & Milk Ham & Cheese Cracker Sandwiches Cheesy Chicken Broccoli & Rice Pineapple & Milk Potatoes, Peaches & Milk Kettle Chips, Pickles, Pears & Milk Soup, Peaches & Milk W/Corn, Pears & Milk	PM Snack	Sliced Apples & Cheese	Yogurt & Peaches	Ambrosia Salad & Crackers	Cinnamon Apples & Saltines	Cucumbers & Saltines
AM Snack Goldfish & Oranges Trail Mix & Juice Carrot Sticks & Saltines Celery & Wow! Butter Guesadillas, Baked Beans, Pineapple & Milk Cream of Wheat, Oranges & Milk Milk A Milk Cream of Wheat, Oranges & Milk & Milk Ham & Cheese Cracker Sandwiches Chiesey Chicken Broccoli & Rice Potatoes, Peaches & Milk Kettle Chips, Pickles, Pears & Milk Soup, Peaches & Milk W/Corn, Pears & Milk	WEEK 5	25	26	=-	28	
AM Shack Goldfish & Oranges Irail Mix & Juice Carrot Sticks & Saltines Celery & Wow! Butter Sandwiches LUNCH Quesadillas, Baked Beans, Pineapple & Milk Potatoes, Peaches & Milk Kettle Chips, Pickles, Pears & Milk Soup, Peaches & Milk W/Corn, Pears & Milk	Breakfast	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk		Cream of Wheat, Oranges & Milk	
Pineapple & Milk Potatoes, Peaches & Milk Kettle Chips, Pickles, Pears & Milk Soup, Peaches & Milk w/Corn, Pears & Milk	AM Snack	Goldfish & Oranges	Trail Mix & Juice	Carrot Sticks & Saltines	Celery & Wow! Butter	
PM Snack Bananas & Animal Crackers Oranges & Saltines Chocolate Pudding & Pretzels Yogurt & Blueberries Trail Mix & Juice	LUNCH	- I	33 .	•		
	PM Snack	Bananas & Animal Crackers	Oranges & Saltines	Chocolate Pudding & Pretzels	Yogurt & Blueberries	Trail Mix & Juice