



Covenant School of Rio Rancho July 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					1
Breakfast	National Holidays: *5: Graham Cracker Day *7: Macaroni Day *11: Blueberry Muffin Day *13: French Fry Day				Strawberry Oatmeal & Milk
AM Snack					Animal Crackers & Juice
LUNCH					Beef-a-roni, Peas, Oranges & Milk
PM Snack					Yogurt & Graham Crackers
WEEK 2	4	5	6	7	8
Breakfast	Closed for 4th of July!	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Cinnamon toast, Bananas & Milk	Blueberry Pancakes & Milk
AM Snack		Sliced Apples & Cheese	Celery Sticks & Wow! Butter	Applesauce & Pretzels	Oranges & Saltines
LUNCH		Chicken tomato & Rice Soup, Saltines, Peaches & Milk	Penne Pasta Bake, Salad, Peaches & Milk	**Chicken Macaroni Salad w/Peas, Pears & Milk	Meatballs, Mashed potatoes, Gravy, Pineapple & Milk
PM Snack		**Yogurt & Graham Crackers	Crackers & Cheese	Bananas & Wow! Butter	Ice Cream & Bananas
WEEK 3	11	12	13	14	15
Breakfast	Bagels w/Jelly & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Jelly & Milk	French Toast Sticks, Bananas & Milk
AM Snack	Sliced Apples & Cheese	Animal Crackers & Juice	Pretzels & Oranges	Carrot Sticks & Ranch	Goldfish & Juice
LUNCH	Chef Salad w/Ham & Croutons, Pineapple & Milk	Chicken Noodle Soup w/Veggies, Peaches & Milk	**Sloppy Joes, French Fries , Pickles, Peaches & Milk	Green Chile Chicken Enchiladas, Salad, Peaches & Milk	Mini Pizzas, Salad, Pineapple & 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 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	Ham & Cheese Sandwiches, Pickles, Kettle Chips, Pineapple & Milk	Spaghetti w/Meatsauce, Salad, Peaches & Milk	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Cheesy Chicken Scallop Potatoes w/Peas, Peaches & Milk
PM Snack	Sliced Apples & Cheese	Yogurt & Peaches	Ambrosia Salad & Crackers	Cinnamon Apples & Saltines	Cucumbers & Saltines
WEEK 5	25	26	27	28	29
Breakfast	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Breakfast Casserole, Peaches & Milk	Cream of Wheat, Oranges & Milk	Chicken Waffle Bites, Bananas & Milk
AM Snack	Goldfish & Oranges	Trail Mix & Juice	Carrot Sticks & Saltines	Celery & Wow! Butter	Ham & Cheese Cracker Sandwiches
LUNCH	Quesadillas, Baked Beans, Pineapple & Milk	Chicken Nuggets, Mashed Potatoes, Peaches & Milk	Turkey & Cheese Sandwiches, Kettle Chips, Pickles, Pears & Milk	Cheesy Chicken Broccoli & Rice Soup, Peaches & Milk	Chili Cheese Potato Casserole w/Corn, Pears & Milk
PM Snack	Bananas & Animal Crackers	Oranges & Saltines	Chocolate Pudding & Pretzels	Yogurt & Blueberries	Trail Mix & Juice