



Covenant Schools of Rio Rancho September 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				1	2
Breakfast	<p style="text-align: center;">The following are National Holidays</p> <p style="text-align: center;">15th- National Linguine Day 26th- National Pancake Day</p>			Cinnamon Toast, Bananas & Milk	Biscuits w/Jelly & Milk
AM Snack				Celery w/Wow! Butter	Cheese & Tortillas
LUNCH				Beef Stroganoff w/Peas, Peaches & Milk	Chef Salad w/Ham & Croutons, Pineapple & Milk
PM Snack				Graham Crackers & Marshmallows	Bananas & Vanilla Wafers
WEEK 2	5	6	7	8	9
Breakfast	CLOSED	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Biscuits, Gravy, Bananas & Milk	Blueberry Oatmeal & Milk
AM Snack	FOR	Tortillas & Cheese	Carrot Sticks & Ranch	Yogurt & Graham Crackers	Bananas & Graham Crackers
LUNCH	LABOR	Cheesy Broccoli Soup W/Rice & Chicken, Peaches & Milk	Mac-N-Cheese w/Peas, Oranges & Milk	Chicken & Rice Casserole, Green Beans, Pineapple & Milk	Mini Pizzas, Salad, Peaches & Milk
PM Snack	DAY!!!	Celery w/Wow! Butter	Oranges & Animal Crackers	Bananas w/Wow! Butter	Jell-O w/Fruit
WEEK 3	12	13	14	15	16
Breakfast	Waffles, Blueberries & Milk	Cereal, Bananas & Milk	Oatmeal, Oranges & Milk	Cinnamon Toast, Bananas & Milk	Cream of Wheat, Bananas & Milk
AM Snack	Goldfish & Juice	Pretzels & Cheese	Yogurt & Grahams	Animal Crackers & Juice	Carrot Sticks & Ranch
LUNCH	Sloppy Joes, Pickles, Chips, Oranges & Milk	Cheesy Potato Soup, Saltines, Peaches & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple & Milk	** Linguine w/Meat Sauce, Salad, Peaches & Milk	Ham & Cheese Sandwiches, Pickles, Kettle Chips, Oranges & Milk
PM Snack	Rice Krispie Treats & Milk	Cucumbers & Saltines	Carrot Sticks & Saltines	Graham Crackers & Marshmallows	Goldfish & Juice
WEEK 4	19	20	21	22	23
Breakfast	Bagels w/Jelly & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Waffles, Oranges & Milk	Breakfast Casserole, Bananas & Milk
AM Snack	Cheese & Crackers	Yogurt & Blueberries	Cauliflower & Ranch	Apples & Cheese	Celery w/Wow! Butter
LUNCH	Frito Pie, Corn, Pineapple & Milk	Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Spaghetti w/Meat Sauce, Salad, Pineapple & Milk	Chicken Tomato & Rice Soup, Saltines, Peaches & Milk	Quesadillas, Baked Beans, Pineapple & Milk
PM Snack	Oranges & Pretzels	Celery w/Wow! Butter	Cinnamon Apples & Graham Crackers	Bananas & Pretzels	Jell-O w/Fruit
WEEK 5	26	27	28	29	30
Breakfast	** Pancakes, Blueberries & Milk	Cereal, Bananas & Milk	English Muffins w/Jelly & Milk	Cinnamon Toast, Bananas & Milk	Waffles, Blueberries & Milk
AM Snack	Yogurt & Peaches	Crackers & Cheese	Carrot Sticks & Ranch	Pretzels & Cheese	Yogurt & Graham Crackers
LUNCH	Chicken Nuggets, Mixed Veggies, Oranges & Milk	Hamburger Veggie Soup w/Rice, Saltines, Peaches & Milk	Chicken & Ranch Tator Tot Casserole w/Broccoli, Oranges & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Peaches & Milk	Bean & Cheese Burritos, Corn, Pineapple & Milk
PM Snack	Apples w/Wow! Butter	Cucumbers & Townhouse Crackers	Goldfish & Juice	Animal Crackers & Fruit	Oranges & Pretzels