



Covenant Schools of Rio Rancho- October 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Cinnamon Toast, Bananas & Milk	Biscuits w/Jelly & Milk	Cereal, Bananas & Milk	French Toast Sticks & Milk	Closed
AM Snack	Yogurt & Graham Crackers	Cheese & Tortillas	Cucumbers & Ranch	Goldfish & Juice	for
LUNCH	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Chef Salad w/Ham, Croutons, Pineapple & Milk	Green Chile Chicken Stew, Tortillas, Oranges & Milk	**Mac-N-Cheese w/Peas, Peaches & Milk	Fall Break!
PM Snack	Oranges & Animal Crackers	Bananas & Vanilla Wafers	Townhouse Crackers & Cheese	Celery & Ranch	
WEEK 2	10	11	12	13	14
Breakfast	Cream of Wheat, Oranges & Milk	Breakfast Casserole, Oranges & Milk	Cereal, Bananas & Milk	Waffles, Bananas & Milk	Strawberry Oatmeal & Milk
AM Snack	Yogurt & Blueberries	Applesauce & Graham Crackers	Carrot Sticks & Ranch	Tortillas & Cheese	Trail Mix & Juice
LUNCH	Sloppy Joes, Pickles, Oranges, Chips & Milk	**Sausage Mini Pizzas, Salad, Pineapple & Milk	Taco Salad (beans, ground beef, cheese, lettuce, tortilla chips), Oranges & Milk	Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Cheesy Potato Soup w/Ham, Saltines, Oranges & Milk
PM Snack	Cinnamon Apples & Milk	Cucumbers & Saltines	Rice Krispie Treats & Milk	Grahams & Marshmallows	**Ice Cream & Bananas
WEEK 3	17	18	19	20	21
Breakfast	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Biscuits & Gravy, Apples & Milk	Bagels w/Jelly & Milk	Waffles, Bananas & Milk
AM Snack	Goldfish & Juice	Cheese & Crackers	Yogurt & Graham Crackers	Animal Crackers & Juice	Ham & Cheese Cracker Sandwiches
LUNCH	**Chicken Alfredo w/Peas, Peaches & Milk	Hamburger Tator Tot Casserole, w/Green Beans, Oranges & Milk	Cheesy Chicken Broccoli Soup w/Rice, Peaches & Milk	Ham & Cheese Sandwiches, Kettle Chips, Pickles, Pineapple & Milk	Chicken Nuggets, Salad, Peaches & Milk
PM Snack	Oranges & Pretzels	Carrot Sticks & Saltines	Cucumbers & Ranch	Banana Bread & Milk	Apples & Cheese
WEEK 4	24	25	26	27	28
Breakfast	Pancakes, Blueberries & Milk	Cereal, Bananas & Milk	English Muffins w/Jelly & Milk	Cinnamon Toast, Bananas & Milk	Closed
AM Snack	Pretzels & Cheese Cubes	Crackers w/Cheese Spread	Townhouse Crackers & Cheese	Celery & Ranch	For
LUNCH	Teriyaki Chicken w/Broccoli, Rice, Pineapple & Milk	Frito Pie, Corn, Pineapple & Milk	Chicken Tomato Noodle Soup, Peaches & Milk	Spaghetti w/Meat Sauce, Salad, Oranges & Milk	In-Service
PM Snack	Goldfish & Juice	Graham Crackers & Marshmallows	Carrot Sticks & Ranch	Brownies & Milk	Day
WEEK 5	31				
Breakfast	Cream of Wheat, Oranges & Milk		The Following Days are National Holidays 6 th - Noodle Day 11 th - Sausage Pizza Day 14 th - Dessert Day 17 th - Pasta Day		
AM Snack	Oranges & Pretzels				
LUNCH	Hamburger Vegetable Soup w/Rice, Saltines, Oranges & Milk				
PM Snack	Strawberry yogurt & Animal Crackers				