



Covenant Schools of Rio Rancho- November 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		Waffles, Bananas & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Gravy & Milk
AM Snack		Tortillas & Cheese	Goldfish & Juice	Carrots & Saltines	Celery & Ranch
LUNCH		Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Green Chile Chicken Stew, Tortillas, Oranges & Milk	**Ham & Cheese Sandwiches, Chips, Pickles, Pears & Milk	Chef Salad, Croutons, Pineapple & Milk
PM Snack		Graham Crackers & Pears	Cucumbers & Ranch	Cinnamon Apples & Cheese	Oranges & Pretzels
WEEK 2	7	8	9	10	11
Breakfast	Cream of Wheat, Oranges & Milk	Cinnamon Toast, Oranges & Milk	Cereal, Bananas & Milk	Biscuits w/Jelly & Milk	Pancakes, Blueberries & Milk
AM Snack	Tortillas & Cheese	Cucumbers & Ranch	Yogurt & Graham Crackers	Cucumbers & Saltines	Bananas & Animal Crackers
LUNCH	Meatballs w/Gravy, Mashed Potatoes, Peaches & Milk	Penne Pasta Bake, Salad, Pineapple & Milk	Taco Salad (beans, ground beef, cheese, lettuce, tortilla chips)	Chicken & Rice Casserole w/Green Beans, Pineapples & Milk	Chicken Nuggets, Salad, Peaches & Milk
PM Snack	Apples & Graham Crackers	Brownies & Milk	Carrot Sticks & Ranch	Animal Crackers & Juice	**Ice Cream w/Chocolate Syrup
WEEK 3	14	15	16	17	18
Breakfast	Waffles, Bananas & Milk	Breakfast Casserole, Oranges & Milk	Cereal, Bananas & Milk	Banana Bread & Milk	Strawberry Oatmeal & Milk
AM Snack	**Pickles & Crackers	Applesauce & Saltines	Animal Crackers & Juice	Hama & Cheese Cracker Sandwiches	Yogurt & Bananas
LUNCH	Mini Pizzas, Salad, Oranges & Milk	Macaroni & Cheese w/Ham, Peas, Pineapple & Milk	Cheesy Broccoli Soup w/Chicken & Rice, Peaches & Milk	Sloppy Joes, Chips, Pickles, Oranges & Milk	Cheesy Potato Soup w/Ham, Saltines, Pears & Milk
PM Snack	Chocolate Pudding & Marshmallows	Yogurt and Blueberries	Cucumbers & Ranch	Carrot Sticks & Saltines	Apples & Cheese
WEEK 4	21	22	23	24	25
Breakfast	Blueberry Oatmeal & Milk	Bagels w/Jelly & Milk	Cereal, Bananas & Milk	Closed for Thanksgiving! Happy Thanksgiving!	
AM Snack	Townhouse Crackers & Cheese	Yogurt & Animal Crackers	Oranges & Pretzels		
LUNCH	Shepard's Pie (Beef, Potatoes, Veggies & Cheese)	Turkey, Mashed Potatoes w/Gravy, Mixed Veggies, Rolls, Peaches & Milk	Chicken, Tomato & Rice Soup, Saltines, Pineapple & Milk		
PM Snack	Carrot Sticks & Crackers	Pumpkin Cookies & Milk	Carrot Sticks & Ranch		
WEEK 5	28	29	30	The Following are National Holidays: 3rd- Sandwich Day 11th- Sundae Day 14th- Pickle Day 28th- French Toast Day	
Breakfast	**French Toast Sticks, Bananas & Milk	English Muffins w/Jelly & Milk	Cereal, Bananas & Milk		
AM Snack	Oranges & Graham Crackers	Animal Crackers & Juice	Pretzels & Cheese		
LUNCH	Chicken Noodle Soup w/Veggies, Saltines, Oranges & Milk	Chicken Alfredo, Mixed Veggies, Peaches & Milk	Turkey & Cheese Sandwiches, Chips, Pickles, Pineapple & Milk		
PM Snack	Yogurt & Crackers	Bananas & Vanilla Wafers	Celery & Ranch		

