



Covenant Schools of Rio Rancho-January 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Closed	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Bananas & Milk	Bagels, Cream Cheese, Jelly & Milk
AM Snack	For	Pretzels & Juice	Cheese & Tortillas	Cucumbers & Ranch	Yogurt & Blueberries
LUNCH	New Year's	Chicken Nuggets, Mixed Veggies, Peaches & Milk	**Spaghetti w/Meat Sauce, Salad, Pears & Milk	Taco Lasagna (ground beef, cheese, flour tortillas, salsa) corn, peaches & Milk	**White Chili Bean Soup, Corn, Oranges & Milk
PM Snack	Day!	Bananas & Graham Crackers	Carrot Sticks & Crackers	Vanilla Wafers & Pudding	Oranges & Pretzels
WEEK 2	9	10	11	12	13
Breakfast	Biscuits & Gravy, Oranges & Milk	Cream of Wheat, Oranges & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	French Toast Sticks, Bananas & Milk
AM Snack	Yogurt & Animal Crackers	Goldfish & Juice	Oranges & Animal Crackers	Carrot sticks & Ranch	Crackers & Cheese
LUNCH	Hamburger Tator Tot Casserole w/Green Beans, Peaches & Milk	Quesadillas, Baked Beans, Pineapple & Milk	Green Chili Chicken Stew, Bread, Peaches & Milk	Ham & Cheese Sandwiches, Chips, Pickles, Pears & Milk	Grilled Cheese, Tomato Soup, Pineapple & Milk
PM Snack	Graham Crackers & Fruit	Pretzels & Cheese	Celery Wow! Butter	Goldfish & Oranges	Applesauce & Graham Crackers
WEEK 3	16	17	18	19	20
Breakfast	Closed	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Breakfast Casserole, Oranges & Milk	Biscuits, Jelly & Milk
AM Snack	For	Crackers & Cheese	Jell-O w/Fruit	Yogurt & Graham Crackers	Tortillas & Cheese
LUNCH	Martin Luther King Jr.	Chicken Noodle Soup w/Veggies, Crackers, Peaches & Milk	Sloppy Joes, Chips, Pickles, Pears & Milk	Mac-N-Cheese, Peas, Pineapple & Milk	**Cheesy Potato Soup w/Ham, Green Beans, Oranges & Milk
PM Snack	Day	Goldfish & Oranges	Cucumbers & Town House Crackers	Trail mix & Juice	Apples & Cheese
WEEK 4	23	24	25	26	27
Breakfast	Pancakes, Blueberries & Milk	Peach Oatmeal & Milk	Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Waffles, Bananas & Milk
AM Snack	Cheese Squares & Saltines	Applesauce & Townhouse Crackers	Oranges & Pretzels	Cucumbers & Ranch	Yogurt & Animal Crackers
LUNCH	Chef Salad, Croutons, Pineapple & Milk	Tomato Chicken & Rice Soup, Crackers, Peaches & Milk	Cheesy Chicken Broccoli & Rice Soup, Crackers, Pears & Milk	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Salisbury steak w/Gray, Mashed Potatoes, Green Beans, Peaches & Milk
PM Snack	Bananas & Animal Crackers	Banana Bread & Milk	Carrot Sticks & Saltines	Bananas & Vanilla Wafers	**Chocolate Cake & Milk
WEEK 5	30	31	<p>The following days are National Holidays:</p> <p>January 4th- Spaghetti Day 6th- Bean Day 20th- Cheese Lovers Day 27th- Chocolate Cake Day</p>		
Breakfast	Cinnamon Toast, Bananas & Milk	Blueberry Oatmeal & Milk			
AM Snack	Oranges & Pretzels	Goldfish & Juice			
LUNCH	Teriyaki Chicken, Rice, Broccoli, Pineapple & Milk	Chicken Alfredo, Peas, Pears & Milk			
PM Snack	Apples & Cheese	Bananas & Graham Crackers			