



Covenant Schools of Rio Rancho February 2017 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast			Cereal, Bananas & Milk	Biscuits & Gravy, Pears & Milk	Bagels w/Jelly & Milk
AM Snack			Sliced cheese & Crackers	Animal Crackers & Juice	Yogurt & Graham Crackers
LUNCH			Ham Sandwiches, Pickles, Peaches & Milk	Chicken Nuggets, Salad, Pears & Milk	Taco Lasagna (ground beef, cheese, beans, flour tortillas, salsa) Corn, Peaches & Milk
PM Snack			Celery w/Wow! Butter	Carrot Sticks & Saltines	Goldfish & Oranges
WEEK 2	6	7	8	9	10
Breakfast	Blueberry Oatmeal & Milk	Pancakes, Peaches & Milk	Cereal, Blueberries & Milk	**Bagels w/Cream Cheese and Jelly & Milk	Ham & Cheese Egg Puffs, Oranges & Milk
198AM Snack	Tortillas & Cheese Slices	Yogurt & Animal Crackers	Pretzels & Oranges	Cucumbers & Ranch	Animal Crackers & Juice
LUNCH	Chicken & Rice Casserole w/Green Beans, Pears & Milk	**Fettucine Alfredo w/Chicken, Salad, Bananas & Milk	Hamburger Tater-tot Casserole w/Green Beans, Peaches & Milk	Bean & Cheese Burritos, Pineapple, corn & Milk	White Chili Bean Soup w/Corn, Oranges & Milk
PM Snack	Sliced Apples & Wow! Butter	Vanilla Wafers & Pudding	Yellow cake & Milk	Ice Cream & Bananas	Apples & Cheese Cubes
WEEK 3	13	14	15	16	17
Breakfast	Waffles, Pears & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Breakfast Casserole, Oranges & Milk	English Muffins w/Jelly & Milk
AM Snack	Applesauce & Crackers	Oranges & Animal Crackers	Goldfish & Juice	Celery w/Wow! Butter	Yogurt & Graham Crackers
LUNCH	Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Tomato Florentine Soup, Crackers, Pears & Milk	Zuppa Toscana (Italian Sausage, Potatoes & Kale) Crackers, Pears & Milk	Chef Salad (ham, cheese, croutons) Pears & Milk	Quesadillas, Baked Beans, Pineapple & Milk
PM Snack	Graham Crackers & Bananas	Pretzels & Cheese	Rice Krispie Treats & Milk	Carrot Sticks & Ranch	Pretzels & Marshmallows
WEEK 4	20	21	22	23	24
Breakfast	Closed	Cream of Wheat, Bananas & Milk	Cereal, Bananas & Milk	Oatmeal, Peaches & Milk	Breakfast Casserole (ham, eggs, cheese, potatoes) & Milk
AM Snack	For	Ham & Cheese Cracker Sandwiches	Sliced Oranges & Pretzels	Wow! Butter & Crackers	Tortillas & Cheese
LUNCH	Presidents'	Spaghetti w/Meat sauce, Salad, Peaches & Milk	Green Chile Chicken Stew, Tortillas, Pineapple & Milk	**Frito Pie w/Chili , Chips, Lettuce, Sour Cream, Oranges & Milk	Grilled Cheese, Tomato Soup, Pineapple & Milk
PM Snack	Day!!!	Pretzels & Juice	Trail Mix & Trail Mix	Cucumbers & Saltines	Vanilla Wafers & Bananas
WEEK 5	27	28			
Breakfast	Waffles, Bananas & Milk	Oatmeal, Apples & Milk	**The following dates are in celebration of the National Holidays 7 th - Fettuccine Alfredo Day 9 th - Bagel Day 23 rd - Chili Day 27- Strawberry Day		
AM Snack	**Strawberry Yogurt & Animal Crackers	Sliced Oranges & Pretzels			
LUNCH	Macaroni & Cheese, Peas, Pineapple & Milk	Taco Lasagna (ground beef, cheese, beans, flour tortillas, salsa) Corn, Peaches & Milk			
PM Snack	Cinnamon Apples & Graham Crackers	Oreos & Milk			