



Covenant Schools of Rio Rancho- May 2017 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Pancakes, Bananas & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	English Muffins, Jelly & Milk	Waffles, Bananas & Milk
AM Snack	Trail Mix & Juice	Crackers & Cheese	Goldfish & Juice	Strawberry Yogurt & Graham Crackers	Sliced Oranges & Pretzels
LUNCH	Ham & Cheese Sandwiches, Chips, Pickles, Pineapple & Milk	Frito Pie, Corn, Peaches & Milk	Broccoli & Rice Soup, Saltines, Pears & Milk	Sloppy Joes, Chips, Pickles, Peaches & Milk	Zuppa Toscana, Bread, Pineapple & Milk
PM Snack	Apples & Cheese	Pretzels & Marshmallows	Carrots & Ranch	**Orange Juice & Animal Crackers	Apples & Cheese
WEEK 2	8	9	10	11	12
Breakfast	Cream of Wheat, Peaches & Milk	Biscuits, Gravy, Oranges & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Breakfast Casserole, Oranges & Milk
AM Snack	Tortillas & Cheese	Celery & Wow! Butter	Pretzels & Applesauce	Yogurt & Blueberries	Apples & Cheese
LUNCH	Spaghetti w/Meat Sauce, Salad, Pineapple & Milk	Chicken Noodle Soup w/Veggies, Peaches & Milk	Mini Pizzas, Salad, Pineapple & Milk	Hamburger Tater-Tot Casserole w/Veggies, Peaches & Milk	Cajun Chicken & Rice Casserole, Oranges & Milk
PM Snack	Bananas & Graham Crackers	**Butterscotch Brownies & Milk	Cucumbers & Saltines	Carrots & Ranch	Pretzels & Marshmallows
WEEK 3	15	16	17	18	19
Breakfast	Blueberry Muffins, Bananas, & Milk	Bagels, Jelly & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Apples & Milk	Cream of Wheat, Oranges & Milk
AM Snack	Animal Crackers & Juice	Sliced Oranges & Graham Crackers	Apples & Animal Crackers	Tortillas & Cheese	Strawberry Yogurt & Graham Crackers
LUNCH	Teriyaki Chicken & Rice w/Broccoli, Pineapple & Milk	Cheesy Potato Soup w/Ham, Saltines, Pineapple & Milk	Macaroni & Cheese, Peas, Peaches & Milk	Chicken & Rice Casserole w/Green Beans, Pears & Milk	Chicken Nuggets, Mashed Potatoes, Peaches & Milk
PM Snack	**Chocolate Chip Cookies & Milk	Jello w/Fruit	Celery & Wow! Butter	Cucumbers & Saltines	Ice Cream & Bananas
WEEK 4	22	23	24	25	26
Breakfast	Biscuits, Jelly & Milk	Pancakes, Oranges & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Waffles, Bananas & Milk
AM Snack	Bananas & Graham Crackers	Tortillas & Cheese	Applesauce & Graham Crackers	Carrots, & Ranch	Crackers & Cheese
LUNCH	Bean & Cheese Burritos, Corn, Pineapple & Milk	Grilled Cheese Sandwiches, Tomato Soup, Peaches & Milk	White Chili Bean Soup w/Corn, Saltines, Oranges & Milk	Quesadillas, Beans, Pineapple & Milk	Meatball Sandwiches, Salad, Pears & Milk
PM Snack	**Vanilla Pudding & Vanilla Wafers	Goldfish & Juice	Cucumbers & Saltines	Animal Crackers & Fruit	Brownies & Milk
WEEK 5	29	30	31	The following Dates are National Holidays May 4 th - Orange Juice Day 9 th - Butterscotch Brownie Day 15 th - Chocolate Chip Day 22 nd - Vanilla Pudding Day	
Breakfast	Closed For	Breakfast Casserole, Oranges & Milk	Cereal, Bananas & Milk		
AM Snack	Memorial Day!	Pretzels & Cheese Cubes	Pretzels & Cheese		
LUNCH		Chef Salad, Croutons, Pineapple & Milk	Hamburger Vegetable Soup w/Rice, Peaches & Milk		
PM Snack		Jello & Fruit	Carrots & Saltines		