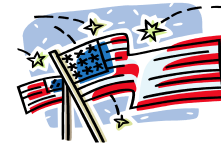


Covenant Schools of Rio Rancho-July 2017 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday		
WEEK 1	3	4	5	6	7		
Breakfast	Strawberry Oatmeal	Closed	Cereal, Bananas & Milk	Waffles, Oranges & Milk	Cinnamon Toast, Bananas & Milk		
AM Snack	Oranges & Animal Crackers	For	Pretzels & Cheese Sticks	Goldfish & Juice	Yogurt & Blueberries		
LUNCH	**White Bean soup w/Chili, Crackers, Pineapple & Milk	July 4th	Spaghetti w/Meat Sauce, Salad, Peaches & Milk	Green Chile Chicken Stew, Tortillas, Pineapple & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Pears & Milk		
PM Snack	Melon & Pretzels		**Apples & Graham Crackers	Carrot Sticks & Saltines	Bananas & Animal Crackers		
WEEK 2	10	11	12	13	14		
Breakfast	Cream of Wheat, Peaches & Milk	**Blueberry Muffins & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Jelly & Milk		
AM Snack	Pretzels & Cheese	Cucumbers & Ranch	Sliced Oranges & Pretzels	Strawberry Yogurt & Animal Crackers	Chocolate Pudding & Pretzels		
LUNCH	Chicken Nuggets, Salad, Peaches & Milk	Cheesy Potato Soup w/Ham, Saltines, Oranges & Milk	Cheesy Scalloped Potato Casserole w/Peas, Peaches & Milk	Chicken Noodle Soup w/Veggies, Saltines, Pears & Milk	**Macaroni & Cheese, Peas, Pineapple & Milk		
PM Snack	Applesauce & Saltines	Jell-o w/Fruit	Celery sticks & Wow! Butter	Cheese & Crackers	Trail Mix & Juice		
WEEK 3	17	18	19	20	21		
Breakfast	English Muffins, Jelly & Milk	Pancakes, Bananas & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Breakfast Casserole, Oranges & Milk		
AM Snack	Tortillas & Cheese	Vanilla Wafers & Milk	Applesauce & Townhouse crackers	Carrots & Ranch	Animal Crackers & Yogurt		
LUNCH	Chicken & Rice Casserole w/Green Beans, Pineapple & Milk	Bean & Cheese Burritos, Corn, Oranges & Milk	Sloppy Joes, Pickles, Chips, Pears & Milk	Frito Pie, Corn, Pineapple & Milk	Chef Salad w/Ham & Croutons, Pineapple & Milk		
PM Snack	Cinnamon Apples & Milk	Goldfish & Juice	Oreos & Milk	Cucumbers & Saltines	Celery & Wow! Butter		
WEEK 4	24	25	26	27	28		
Breakfast	French Toast Sticks, Bananas & Milk	Bagels w/Jelly & Milk	Cereal, Bananas & Milk	Waffles, Oranges & Milk	Breakfast Casserole, Oranges & Milk		
AM Snack	Pretzels & Cheese	Crackers & Wow! Butter	Sliced Oranges & Pretzels	Yogurt & Blueberries	Vanilla Wafers & Bananas		
LUNCH	Ravioli in Marinara Sauce, Salad, Oranges & Milk	Taco Lasagna, Corn, Pears & Milk	Zuppa Toscana, Saltines, Pears & Milk	Macaroni & Cheese, Peas, Oranges & Milk	Grilled Cheese, Tomato Soup, Pineapple & Milk		
PM Snack	Goldfish & Juice	Grahams & Marshmallows	Brownies & Milk	Carrot Sticks & Saltines	Ice Cream & Bananas		
WEEK 5	31	<p>The following days are National Holidays:</p> <p>3rd- Eat your Beans Day! 5th- Graham Cracker Day! 11th- Blueberry Muffin Day! 14th- Mac & Cheese Day!</p>					
Breakfast	Cinnamon Toast, Bananas & Milk						
AM Snack	Crackers & Cheese						
LUNCH	Teriyaki Chicken, Broccoli, Rice, Pineapple & Milk						
PM Snack	Banana Bread & Milk						