



Covenant Schools of Rio Rancho- October 2016 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Waffles, Strawberries, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Oranges, & Milk	Breakfast Casserole, Bananas, & Milk
AM Snack	Goldfish & Juice	Applesauce & Grahams	Cheese & Crackers	Strawberry Yogurt & Grahams	Carrot Sticks & Ranch
LUNCH	Chicken Nuggets, Mashed Potatoes, Peaches, & Milk	Italian Pasta Salad with Tomatoes, Ham, Parmesan, Pears, & Milk	<u>Soft Tacos with Lettuce and Tomatoes</u> , Pineapples, & Milk	Cheesy Potato Soup with Ham, Oranges, Saltines, & Milk	<u>Spaghetti</u> with Meat Sauce, Salad, Peaches, & Milk
PM Snack	Slices Apples & Wow! Butter	Townhouse Crackers & Fruit	Celery with Wow! Butter	Cucumbers & Saltines	Goldfish & Juice
WEEK 2	9	10	11	12	13
Breakfast	Strawberry Oatmeal & Milk	Cinnamon Toast, Bananas, & Milk	Cereal, Bananas, & Milk	Biscuits & Gravy, Bananas, & Milk	Closed
AM Snack	Tortillas & Cheese	Goldfish & Juice	Oranges & Pretzels	Yogurt & Blueberries	for
LUNCH	Italian Sausage Potato Soup with Kale, Pears, Bread, & Milk	Cheesy Chicken & Broccoli Tater-tot Casserole, Oranges, & Milk	Chicken Noodle Soup with Vegetables, Peaches, & Milk	Ham and Cheese Sandwiches, Chips, Pickles, Pineapple, & Milk	Fall Break
PM Snack	Pretzels & Marshmallows	Jell-O & Fruit	Slices Apples & Grahams	Chocolate Pudding & Pretzels	
WEEK 3	16	17	18	19	20
Breakfast	Pancakes, Blueberries, & Milk	Cinnamon Apple Oatmeal & Milk	Cereal, Oranges, & Milk	Turkey, Spinach, and Cheese Egg Cups, Bananas, & Milk	Bagels, Jelly, and Milk
AM Snack	Applesauce & Graham Crackers	Animal Crackers & Juice	Tortilla & Cheese	Strawberry Yogurt & Wafers	Celery & Ranch
LUNCH	Macaroni and Cheese, Peas, Peaches, & Milk	<u>Chicken Alfredo</u> , Salad, Oranges, & Milk	Tomato Soup with Chicken & Rice, Saltines, Peaches, & Milk	Sloppy Joes, Chips, Pickles, Pears, & Milk	Hawaiian Long Rice (Chicken, Broth, Rice Noodles, Vegetables) Oranges, & Milk
PM Snack	Cinnamon Apples & Milk	Jell-O & Fruit	Cucumbers & Ranch	Carrot Sticks & Saltines	Ice Cream & Bananas
WEEK 4	23	24	25	26	27
Breakfast	Breakfast Casserole, Oranges, & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Closed
AM Snack	Carrots & Ranch	Cheese & Crackers	Oranges & Saltines	Yogurt & Pretzels	For
LUNCH	Tomato Florentine Soup, Saltines, Peaches, & Milk	Turkey Sandwiches, Pickles, Chips, Pineapple, & Milk	Taco Lasagna, Oranges, Salad, & Milk	Cheesy Broccoli Soup with Chicken & Rice, Peaches, & Milk	In-Service
PM Snack	Jell-O & Fruit	White Cake & Milk	Celery & Wow! Butter	Oreos & Milk	Day
WEEK 5	30	31	<p>The Following Days are National Holidays</p> <p>4th - Taco day</p> <p>6th - Noodle Day</p> <p>17th - Pasta Day</p>		
Breakfast	Blueberry Oatmeal & Milk	French Toast Sticks, Bananas, & Milk			
AM Snack	Cheez Its & Juice	Pretzels & Cheese			
LUNCH	White Bean Chile Soup, Corn, Saltines, Pineapples, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapples, & Milk			
PM Snack	Townhouse Crackers & Fruit	Slices Apples & Wow! Butter			