



# Covenant Schools of Rio Rancho September 2017 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>					<b>1</b>
<b>Breakfast</b>	<p style="text-align: center;"><u>The following are National Holidays</u>  <b>5<sup>th</sup>- Cheese Pizza Day!</b>  <b>15<sup>th</sup>- Cheese Toast &amp; Linguine Day!</b>  <b>18<sup>th</sup>- Cheeseburger Day!</b>  <b>26<sup>th</sup>- Pancake Day!</b></p>				Breakfast Casserole, Oranges & Milk
<b>AM Snack</b>					Vanilla Yogurt & Blueberries
<b>LUNCH</b>					Ham & Cheese Sandwiches, Chips, Pickles, Pears & Milk
<b>PM Snack</b>					Bananas & Graham Crackers
<b>WEEK 2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b>	<p style="text-align: center;"><b>CLOSED FOR LABOR DAY!!!</b></p> 	Blueberry Muffins & Milk	Cereal, Bananas & Milk	Cinnamon Apple Oatmeal & Milk	Biscuits w/Jelly & Milk
<b>AM Snack</b>		Goldfish & Juice	Pretzels & Cheese	Strawberry Yogurt & Graham Crackers	Celery & Ranch
<b>LUNCH</b>		**Mini <u>Cheese Pizzas</u> , Salad, Pineapple & Milk	Cheesy Potato Soup w/Ham, Saltines, Oranges & Milk	Italian Pasta Salad w/Tomato, Ham, Parmesan, Pears & Milk	Cheesy Beef, Bean & Rice Casserole w/Corn, Pineapple & Milk
<b>PM Snack</b>		Vanilla Wafers & Milk	Cinnamon Apples & Milk	Carrots & Saltines	Pudding & Vanilla Wafers
<b>WEEK 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b>	Turkey, Spinach & Cheese Egg Cups, Bananas & Milk	Waffles, Strawberries & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	English Muffins w/Jelly & Milk
<b>AM Snack</b>	Ham & Cheese Cracker Sandwiches	Applesauce & Graham Crackers	Sliced Oranges & Pretzels	Cheese & Crackers	Yogurt & Animal Crackers
<b>LUNCH</b>	Italian Sausage Potato Soup w/Kale, Pears & Milk	Bean & Cheese Soft Tacos w/Lettuce & Tomato, Peaches & Milk	Chicken Fajitas w/Peppers, Pineapple & Milk	Chicken & Rice Casserole w/Green Beans, Peaches & Milk	** <u>Linguine</u> w/Meat Sauce, ** <u>Cheese Toast</u> , Salad, Pears & Milk
<b>PM Snack</b>	Bananas & Animal Crackers	Jell-O w/Fruit	Goldfish & Juice	Celery & Wow! Butter	Ice Cream Sandwiches & Bananas
<b>WEEK 4</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b>	Biscuits & Gravy, Oranges & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Bananas & Milk	Bagels w/Jelly & Milk
<b>AM Snack</b>	Goldfish & Juice	Tortillas & Cheese	Carrots & Ranch	Yogurt & Graham Crackers	Celery & Ranch
<b>LUNCH</b>	** <u>Cheeseburgers</u> , Pickles, Chips, Peaches & Milk	Cheesy Broccoli Soup w/Chicken & Rice, Oranges & Milk	Sloppy Joes, Pickles, Chips, Pears & Milk	Chicken & Rice Casserole w/Green Beans, Peaches & Milk	Taco Lasagna, Corn, Pears & Milk
<b>PM Snack</b>	Rice Krispie Treats	Bananas & Graham Crackers	Trail Mix & Juice	Cucumbers & Saltines	Animal Crackers & Fruit Sorbet
<b>WEEK 5</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b>	Cream of Wheat, Oranges & Milk	** <u>Pancakes</u> , Blueberries & Milk	Cereal, Bananas & Milk	French Toast Sticks, Bananas & Milk	Breakfast Casserole, Oranges & Milk
<b>AM Snack</b>	Vanilla Yogurt & Blueberries	Sliced Oranges & Pretzels	Apples & Cheese	Yogurt & Animal Crackers	Cheese & Crackers
<b>LUNCH</b>	Bean & Cheese Burritos, Corn, Pineapple & Milk	Mac-N-Cheese w/Peas, Peaches & Milk	BBQ Sandwiches, Chips, Pickles, Pears & Milk	Chicken Noodle Soup w/Veggies, Saltines, Peaches & Milk	Spinach & Pepperoni Pizza Pockets, Pineapple & Milk
<b>PM Snack</b>	Marshmallows & Graham Crackers	Goldfish & Juice	Cucumbers & Ranch	Oreos & Milk	Bananas & Ice Cream