



Covenant Schools of Rio Rancho- November 2017 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast	The following meals/snacks are in celebration of National Holidays: 3rd: Sandwich Day 14th: Pickle Day 28th: French Toast Day		Cereal, Bananas & Milk	Cream of Wheat, Oranges & Milk	Spinach & Turkey Breakfast Casserole, Bananas & Milk
AM Snack			Sliced Oranges & Pretzels	Yogurt & Blueberries	Animal Crackers & Juice
LUNCH			Green Chile Chicken Stew, Tortillas, Pineapples, & Milk	Meatballs & Gravy, Mashed Potatoes, Apricots, & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Peaches, & Milk
PM Snack			Celery & WOW! Butter	Carrot Sticks & Saltines	Chocolate Pudding & Graham Crackers
WEEK 2	6	7	8	9	10
Breakfast	Strawberry Oatmeal & Milk	Bagels, Jelly & Milk	Cereal, Bananas & Milk	Pancakes, Bananas & Milk	Oatmeal, Blueberries & Milk
AM Snack	Apricots & Pretzels	Applesauce & Saltines	Graham Crackers & Mangos	Carrot Sticks & Ranch	Tortillas & Cheese
LUNCH	Tomato Florentine Soup, Crackers, Pineapples & Milk	Hamburger & Tater tot Casserole w/ Veggies, Apricots & Milk	Cheesy Broccoli Soup w/ Chicken & Rice, Peaches & Milk	Italian Pasta Salad w/ Ham, Tomatoes, Spinach & Parmesan, Mangos & Milk	Chicken Nuggets, Mashed Potatoes, Peaches & Milk
PM Snack	Goldfish & Juice	Jell-O w/ Fruit	Cucumbers & Saltines	Bananas & Graham Crackers	Celery & WOW! Butter
WEEK 3	13	14	15	16	17
Breakfast	Cream of Wheat, Mangos & Milk	English Muffins Jelly & Milk	Cereal, Bananas & Milk	Cinnamon Apple Oatmeal & Milk	Waffles, Bananas & Milk
AM Snack	Goldfish & Juice	Applesauce & Graham Crackers	Tortillas & Cheese	Strawberry Yogurt & Grahams	Cucumbers & Ranch
LUNCH	Cheesy Potato Soup w/ Ham, Saltines, Pineapple & Milk	Turkey Sandwiches, Pickles, Chips, Peaches & Milk	Chicken Noodle Soup w/ Veggies, Pineapples & Milk	Spaghetti w/ Meat Sauce, Garlic Toast, Peaches & Milk	Taco Lasagna, Corn, Mangos, & Milk
PM Snack	Pretzels & Marshmallows	Jell-O w/ Fruit	Cinnamon Apples & Milk	Carrot Sticks & Saltines	Sliced Apples & Cheese
WEEK 4	20	21	22	23	24
Breakfast	Ham & Cheese Egg Cups, Mangos & Milk	Cinnamon Toast, Oranges & Milk	Cereal, Bananas & Milk	Closed for Thanksgiving Holiday! 	
AM Snack	Sliced Oranges & Saltines	Ham & Cheese Cracker Sandwiches	Tortillas & Cheese		
LUNCH	Sloppy Joes, Chips, Pickles, Pineapples, & Milk	Turkey, Mashed Potatoes w/Gravy, Mixed Veggies, Rolls, Peaches & Milk	Pepperoni Pizza, Pineapples, Salad & Milk		
PM Snack	Pudding & Vanilla Wafers	Oreos & Milk	WOW! Butter & Celery		
WEEK 5	27	28	29	30	
Breakfast	Bagels, Jelly & Milk	French Toast Sticks, Sliced Oranges & Milk	Cereal, Bananas & Milk	Biscuits, Jelly & Milk	
AM Snack	Yogurt & Blueberries	Pretzels & Cheese	Goldfish & Juice	Celery & WOW! Butter	
LUNCH	Turkey, Rice, & Vegetable Soup, Crackers, Apricots & Milk	Chef Salad, Croutons, Pineapples, & Milk	Zuppa Toscana (Sausage & Potato Soup with Kale), Peaches, Bread & Milk	Chicken & Rice Casserole w/ Green Beans, Pineapples, & Milk	
PM Snack	Sliced Apples & Cheese Cubes	Jell-O w/ Fruit	Cucumbers & Saltines	Yogurt & Apricots	