



Covenant Schools of Rio Rancho January 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Closed	French Toast Sticks, Sliced Oranges, & Milk	Cereal, Bananas, & Milk	Cream Of Wheat, Sliced Oranges, & Milk	Breakfast Casserole, Bananas, & Milk
AM Snack	For	Celery & Wow! Butter	Carrots & Ranch	Yogurt & Blueberries	String Cheese & Crackers
LUNCH	New Year's	Hamburger Vegetable Soup, Saltines, Peaches, & Milk	Beef and Bean Soft Tacos with Cheese, Lettuce, & Sour Cream, Pineapples, & Milk	Spaghetti with Meat Sauce, Salad, Peaches, & Milk	Chef Salad with Ham and Cheese, Apricots, & Milk
PM Snack	Day	Jell-O and Fruit	Slices Apples & Grahams	Cucumbers & Saltines	Bananas & Animal Crackers
WEEK 2	8	9	10	11	12
Breakfast	Cinnamon Toast, Bananas, & Milk	Oatmeal, Blueberries, & Milk	Cereal, Bananas, & Milk	Banana Bread & Milk	Blueberry Muffins & Milk
AM Snack	Goldfish & Juice	Yogurt & Apricots	Cheese Cubes & Saltines	Animal Crackers & Juice	Strawberries & Yogurt
LUNCH	Chicken Tater Tot Casserole, Broccoli, Sliced Oranges, & Milk	Italian Pasta Salad with Ham, Spinach, Cheese, & Tomatoes, Mangos, & Milk	Chicken Noodle Soup with Vegetables, Saltines, Apricots, & Milk	Hearty Meatball Soup, Saltines, Pineapple, & Milk	Sloppy Joes, Chips, Pickles, Peaches, & Milk
PM Snack	Sliced Oranges & Pretzels	Banana Pudding & Wafers	Pretzels & Marshmallows	Carrots & Saltines	Bananas & Grahams
WEEK 3	15	16	17	18	19
Breakfast	Closed	Bagels, Cream Cheese, Jelly, & Milk	Cereal, Bananas, & Milk	Oatmeal, Strawberries, & Milk	Breakfast Casserole, Bananas, & Milk
AM Snack	For	Tortillas & Cheese	Applesauce & Pretzels	Yogurt & Vanilla Wafers	Cucumbers & Ranch
LUNCH	Martin Luther King, Jr.	Ham & Cheese Sandwiches, Chips, Pickles, Peaches, & Milk	Cheesy Broccoli Soup with Rice and Chicken, Pineapple, & Milk	White Chile Bean Soup, Corn, Apricots, & Milk	Chicken & Rice Casserole, Mixed Vegetables, Oranges, & Milk
PM Snack	Day	Bananas & Wafers	Sliced Apples & Cheese	Celery & Wow! Butter	Graham Crackers & Jell-O
WEEK 4	22	23	24	25	26
Breakfast	Blueberry Muffins & Milk	Pancakes, Mangos, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Turkey & Spinach Egg Cups, Oranges, & Milk
AM Snack	Pretzels & Juice	Applesauce & Animal Crackers	Tortillas & Cheese	Yogurt & Animal Crackers	Carrots & Saltines
LUNCH	Quesadillas, Baked Beans, Mangos, & Milk	Chicken Pot Pie Soup, Saltines, Peaches, & Milk	Macaroni & Cheese, Peas, Oranges, & Milk	Taco Lasagna, Corn, Apricots, & Milk	Chicken Nuggets, Mashed Potatoes, Peaches, & Milk
PM Snack	Fruit & Townhouse Crackers	Pudding & Bananas	Cinnamon Apples & Saltines	Bananas & Graham Crackers	Cookies & Milk
WEEK 5	29	30	31		
Breakfast	Oatmeal, Strawberries, & Milk	French Toast Sticks, Sliced Oranges, & Milk	Cereal, Bananas, & Milk		National Holidays:
AM Snack	Ham & Cheese Cracker Sandwiches	Graham Crackers & Juice	Applesauce & Pretzels		4th: Spaghetti Day
LUNCH	Frito Pie with Chili Beans, Corn Chips , & Sour Cream, Corn, Pineapples, & Milk	Turkey & Cheese Sandwiches, Pickles, Carrots Sticks, Peaches, & Milk	Cheesy Potato Soup with Ham, Saltines, Apricots, & Milk		9th: Apricot Day 11th: Milk Day 29th: Corn Chip Day
PM Snack	Sliced Oranges & Saltines	Jell-O & Fruit	Cinnamon Apples & Crackers		