



Covenant School of Rio Rancho June 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays: 4 th —Cheese Day 7 th —Chocolate Ice Cream Day 14 th —Strawberry Shortcake Day 21 st —Peaches 'n' Cream Day 25 th —Strawberry Parfait Day				1
Breakfast					Oatmeal, Oranges & Milk
AM Snack					Celery & Wow! Butter
LUNCH					Teriyaki Chicken, Rice, Broccoli, Pineapples, & Milk
PM Snack					Pretzels & Juice
WEEK 2	4	5	6	7	8
Breakfast	Cream of Wheat, Apples, & Milk	French Toast Sticks, Oranges & Milk	Cereal, Bananas & Milk	Pancakes, Peaches & Milk	Bagels w/Jelly & Milk
AM Snack	Celery with Ranch	Animal Crackers & Fruit	Applesauce & Graham Crackers	Vanilla Yogurt & Blueberries	Oranges & Pretzels
LUNCH	<u>Macaroni & Cheese</u> , Peas, Pineapple & Milk	Red Chili Enchiladas, Beans, Broccoli & Milk	Chicken & Rice Casserole, Green Beans, Pears & Milk	Ham & Cheese Sandwiches, Chips, Pickles & Milk	Bean & Cheese Burritos, Corn, Peaches & Milk
PM Snack	Goldfish & Juice	Jell-O & Fruit	Cucumbers & Saltines	<u>Chocolate Ice Cream</u> & Fruit	Apples & Cheese
WEEK 3	11	12	13	14	15
Breakfast	English Muffins, Oranges & Milk	Oatmeal, Strawberries & Milk	Cereal, Bananas & Milk	Blueberry Muffins & Milk	Ham & Cheese Egg Cups, Oranges & Milk
AM Snack	Cucumbers & Saltines	Oranges & Graham Crackers	Animal Crackers & Fruit	Carrots & Ranch	Vanilla Yogurt & Peaches
LUNCH	Sloppy Joes, Pickles, Pears, Kettle Chips, & Milk	Chicken Alfredo, Peas, Peaches & Milk	Turkey & Cheese Sandwiches, Pickles, Chips & Milk	Chicken Nuggets, Mashed Potatoes, Peaches & Milk	Taco Salad with Beef, Beans, Cheese, Lettuce, Tomatoes, Mangos, & Milk
PM Snack	Apples & Cheese	Pretzels & Cheese	Bananas & Graham Crackers	<u>Strawberry Shortcake & Milk</u>	Watermelon & Saltines
WEEK 4	18	19	20	21	22
Breakfast	<u>Donuts for Dad Breakfast:</u> Donuts, Apples, & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Biscuits w/Gravy, Apples & Milk
AM Snack	Watermelon & Townhouse crackers	Crackers & Fruit	Pretzels & Applesauce	Bell Peppers & Ranch	Strawberry Yogurt & Wafers
LUNCH	Mini Pizzas, Pineapples, Salad & Milk	Taco Lasagna, Corn, Pears & Milk	Hamburger Tater Tot Casserole, Mixed Vegetables, Mangos & Milk	Hawaiian Pasta Salad, Peas, Pineapple & Milk	Meatball Sandwiches, Salad, Peaches & Milk
PM Snack	Carrots & Ranch	Bananas & Graham Crackers	Cantaloupe & Crackers	<u>Peaches & Ice Cream</u>	Cucumbers & Saltines
WEEK 5	25	26	27	28	29
Breakfast	Pancakes, Bananas & Milk	French Toast Sticks, Oranges & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Bananas & Milk	Breakfast Casserole, Oranges & Milk
AM Snack	<u>Strawberries & Yogurt</u>	Tortillas & Cheese	Goldfish & Juice	Apples & Wow! Butter	Strawberry Yogurt & Wafers
LUNCH	Chef Salad, Ranch, Croutons, Peaches, & Milk	Hamburgers, Chips, Pickles, Pears & Milk	Italian Pasta Salad with Ham, Pineapple, & Milk	Quesadillas, Beans, Corn & Milk	Spaghetti w/Meatballs, Peaches, Salad & Milk
PM Snack	Cantaloupe & Saltines	Crackers & Fruit	Apples & Wow! Butter	Crackers & Cheese	Ice Pops & Bananas