



Covenant Schools of Rio Rancho-July 2018 Menu

WEEK 1	2	3	4	5	6
Breakfast	Mini Doughnuts, Bananas & Milk	Cream of Wheat, Peaches & Milk	Closed for 4th of July	Blueberry Oatmeal & Milk	Bagels w/Cream Cheese, Jelly & Milk
AM Snack	Sliced Oranges & Pretzels	Goldfish & Juice		Yogurt & Animal Crackers	Celery & Ranch
LUNCH	Macaroni & Cheese w/Peas, Peaches & Milk	Chicken Nuggets, Mashed Potatoes, Pineapple & Milk		Ham & Cheese Sandwiches, Pickles, Chips, Peaches & Milk	Chicken Patty Sandwiches, Salad, Chips, Pineapple & Milk
PM Snack	Applesauce & Graham Crackers	Jell-O w/Fruit		Bananas & **Graham Crackers	Pudding & Vanilla Wafers
WEEK 2	9	10	11	12	13
Breakfast	French Toast Sticks, Apples & Milk	Cereal, Bananas & Milk	**Blueberry Muffins & Milk	Strawberry Oatmeal & Milk	English Muffins, Jelly & Milk
AM Snack	Goldfish & Juice	Cheese & Crackers	Goldfish & Fruit	Yogurt & Animal Crackers	Cucumbers & Townhouse Crackers
LUNCH	Mini Pizzas, Salad, Pineapple & Milk	Southwestern Chicken Pasta Salad (Mayo, Beans, Corn & Chicken), Peas & Milk	Hamburger Vegetable Rice Casserole, Peaches & Milk	Soft Tacos, Lettuce, Tomato, Sour Cream, Oranges & Milk	Hamburgers, French Fries, Pickles, Pineapple & Milk
PM Snack	Jell-O w/Fruit	Sliced Oranges & Pretzels	Watermelon & Crackers	Bananas & Ice Cream	Marshmallows & Graham Crackers
WEEK 3	16	17	18	19	20
Breakfast	Turkey & Spinach Egg Cups & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches & Milk	Cinnamon Toast, Bananas & Milk
AM Snack	Tortillas & Cheese	Animal Crackers & Juice	Sliced Oranges & Graham Crackers	Strawberry Yogurt & Animal Crackers	Pretzels & Cheese Cubes
LUNCH	Ravioli in Marinara Sauce, Bread, Oranges & Milk	Italian Pasta w/Ham, Pineapple & Milk	Chicken & Rice Casserole	Turkey & Cheese Sandwiches, Pickles, Chips, Oranges & Milk	Taco Salad w/Beef & Beans, Cheese, Lettuce, Tomato, Pineapple & Milk
PM Snack	Jell-O w/Fruit	Apples & String Cheese	Carrots & Ranch	Cantaloupe & Saltines	Banana Pudding & Vanilla Wafers
WEEK 4	23	24	25	26	27
Breakfast	Blueberry Muffins & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Pancakes, Fruit & Milk	French Toast Sticks, Bananas & Milk
AM Snack	Apples & Graham Crackers	Bananas & Animal Crackers	Cheese & Crackers	Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	Bean & Cheese Burritos, Corn, Peaches & Milk	Hawaiian Pasta Salad w/Ham, Pineapple, Peas, Oranges & Milk	Hamburger Tater-Tot Casserole w/Mixed Veggies, Pineapple & Milk	Chicken Nuggets, Salad, Peaches & Milk	Spaghetti w/Meat Sauce, Salad, Pears & Milk
PM Snack	**Vanilla Ice Cream & Bananas	Goldfish & Juice	Sliced Apples & Cheese	Wow! Butter & Celery	Bananas & Graham Crackers
WEEK 5	30	31	The Following Dates are National Holidays: 5th- Graham Cracker Day! 11th- Blueberry Muffin Day! 13th- French Fry Day! 23rd- Vanilla Ice Cream Day!		
Breakfast	Breakfast Casserole, Bananas & Milk	Biscuits w/Jelly & Milk			
AM Snack	Cheese & Tortillas	Goldfish & Juice			
LUNCH	Chef Salad w/Ham, Ranch, Croutons, Pineapple & Milk	Meatball Sandwiches, Salad, Peaches & Milk			
PM Snack	Applesauce & Graham Crackers	Watermelon & Saltines			