



Covenant Schools of Rio Rancho-August 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays! 2 nd : Ice Cream Sandwich Day! 3 rd : Watermelon Day! 24 th : Waffle Day! 31 st : Trail Mix Day!		1	2	3
Breakfast			Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Bagels w/Cream Cheese, Jelly & Milk
AM Snack			Oranges & Pretzels	Carrot Sticks & Ranch	Yogurt & Graham Crackers
LUNCH			Ham & Cheese Sandwiches, Pickles, Chips, Pears & Milk	Chicken Fajitas w/Peppers & Onions, Cheese, Sour Cream, Peaches & Milk	Mini Pizzas, Salad, Pineapple & Milk
PM Snack			Jell-O w/Fruit	**Ice Cream Sandwiches & Apples	**Watermelon & Saltines
WEEK 2	6	7	8	9	10
Breakfast	Turkey & Spinach Egg Cups & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches & Milk	English Muffins, Jelly & Milk
AM Snack	Tortillas & Cheese	Pretzels & Juice	Sliced Apples & Graham Crackers	Yogurt & Animal Crackers	Celery & Ranch
LUNCH	Chicken Nuggets, Mashed Potatoes, Pineapple & Milk	Penne Pasta w/Marinara Sauce, Bread, Peaches & Milk	Macaroni & Cheese w/Peas, Pineapple & Milk	Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans & Milk	Beans & Cheese, Corn, Tortillas & Milk
PM Snack	Bananas & Animal Crackers	Ice Pops & Graham Crackers	Banana Pudding & Vanilla Wafers	Cucumbers & Saltines	Marshmallows & Graham Crackers
WEEK 3	13	14	15	16	17
Breakfast	Ham & Cheese Egg Cups & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Cinnamon Toast, Oranges & Milk	Blueberry Muffins & Milk
AM Snack	Goldfish & Juice	Bananas & Animal Crackers	Ham & Cheese Cracker Sandwiches	Carrot Sticks & Ranch	Pretzels & Cheese Sticks
LUNCH	Meatballs w/Gravy, Mashed Potatoes, Peaches & Milk	Quesadillas, Baked Beans, Pineapple & Milk	Chicken & Rice Casserole w/Green Beans, Peaches & Milk	Chef Salad w/Ham, Ranch, Croutons, Oranges & Milk	Chicken Alfredo, Salad, Pineapple & Milk
PM Snack	Graham Crackers & Applesauce	Jell-O w/Fruit	Cantaloupe & Saltines	Ice Cream & Bananas	Cucumbers & Saltines
WEEK 4	20	21	22	23	24
Breakfast	Cream of Wheat, Oranges & Milk	French Toast Sticks, Apples & Milk	Cereal, Bananas & Milk	Pancakes, Blueberries & Milk	**Waffles, Bananas & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Pretzels & Sliced Oranges	Strawberry Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH	Italian Pasta Salad w/Ham, Pineapple & Milk	Meatball Sandwiches, Salad, Oranges & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Pears & Milk	Chicken Nuggets, Salad, Pineapple & Milk	Hamburger Tater-Tot Casserole w/Veggies, Peaches & Milk
PM Snack	Sliced Apples & Graham Crackers	Jell-O w/Fruit	Animal Crackers & Bananas	Celery & Wow! Butter	Rice Krispie Treats & Juice
WEEK 5	27	28	29	30	31
Breakfast	Breakfast Casserole, Bananas & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Blueberry Muffins & Milk	Biscuits w/Jelly & Milk
AM Snack	Pretzels & Cheese	Applesauce	Animal Crackers & Juice	Cucumbers & Saltines	Yogurt & Graham Crackers
LUNCH	Spaghetti w/Meat Sauce, Salad, Peaches & Milk	Chicken Pea Pasta Salad, Oranges & Milk	Sloppy Joes, Pickles, Chips, Pineapple & Milk	Chicken Noodle Soup w/Veggies, Peaches & Milk	Mini Pizzas, Carrot Sticks, Pineapple & Milk
PM Snack	Sliced Apples & Wow! Butter	Watermelon & Saltines	Apples & Cheese Sticks	Pudding & Vanilla Wafers	**Trail Mix & Juice