



Covenant Schools of Rio Rancho January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		Closed	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	French Toast Sticks, Bananas, & Milk
AM Snack		For	Goldfish & Juice	Yogurt & Animal Crackers	Oranges & Pretzels
LUNCH		New Year's	Hamburger Veggie Soup w/ Noodles, Pineapple, Crackers, & Milk	Mini Pizzas, Salad, Pineapple, & Milk	Spaghetti w/ Meat Sauce, Salad, Pineapple, & Milk
PM Snack		Day	Sliced Apples & Grahams	Carrot Sticks & Saltines	Bananas & Grahams
WEEK 2	7	8	9	10	11
Breakfast	Cream of Wheat, Peaches, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Cinnamon Toast, Bananas, & Milk
AM Snack	String Cheese & Crackers	Applesauce & Grahams	Oranges & Pretzels	Yogurt & Grahams	Carrot Sticks & Ranch
LUNCH	Penne in Marinara, Breadsticks, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Peaches, & Milk	Zuppa Toscana (sausage, kale, cream, chicken broth, & potatoes), Apricots , & Milk	Tomato Noodle Soup, Saltines, Peaches, & Milk	Chicken & Rice Casserole w/ Vegetables, Pineapple, & Milk
PM Snack	Pretzels & Juice	Jell-O with Fruit	Cornbread & Jelly	Cucumbers & Saltines	Chocolate Pudding & Grahams
WEEK 3	14	15	16	17	18
Breakfast	Sausage & Kale Egg Cups, Bananas, & Milk	Pancakes, Blueberries, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Waffles, Bananas, & Milk
AM Snack	Cheese & Pretzels	Vanilla Wafers & Milk	Goldfish & Juice	Cucumbers & Ranch	Oranges & Pretzels
LUNCH	Chicken Noodle Soup w/ Veggies, Crackers, Pineapple, & Milk	Turkey & Cheese Sandwiches, Pickles, Apricots, & Milk	Bean & Cheese Burritos, Corn, Pineapple, & Milk	Chicken Nuggets, Mashed Potatoes, Peaches, & Milk	Cheesy Potato Soup w/ Ham, Crackers, Pineapple, & Milk
PM Snack	Bananas & Animal Crackers	Jell-O & Fruit	Marshmallows & Grahams	Celery & Wow! Butter	Carrot Sticks & Crackers
WEEK 4	21	22	23	24	25
Breakfast	Closed	Turkey & Spinach Egg Cups, Bananas, & Milk	Cereal, Bananas, & Milk	Strawberry Oatmeal & Milk	Cheerios, Yogurt, Blueberries, & Milk
AM Snack	For	Goldfish & Juice	Oranges & Pretzels	Carrot Sticks & Ranch	Cheese & Pretzels
LUNCH	Martin Luther King, Jr.	Hearty Meatball Soup, Saltines, Pineapple, & Milk	Sloppy Joes, Pickles, Chips, Pineapple, & Milk	Ravioli in Marinara, Salad, Pears, & Milk	Green Chile Chicken Stew, Tortillas, Pineapple, & Milk
PM Snack	Day	Bananas & Grahams	Cheese Cubes & Crackers	Cucumbers & Saltines	Banana Pudding & Wafers
WEEK 5	28	29	30	31	
Breakfast	Blueberry Pancakes & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Apples, & Milk	National Holidays:
AM Snack	Tortillas & Cheese	Goldfish & Juice	Oranges & Pretzels	Carrot Sticks & Ranch	4th: Spaghetti Day
LUNCH	Teriyaki Beef w/ Broccoli & Rice, Pineapple, & Milk	Frito Pie with Chili Beans, Corn Chips , Corn, Pears, & Milk	Tomato Soup w/ Chicken & Rice, Pineapple, & Milk	Hamburger Tater-Tot Casserole w/ Veggies, Pears, & Milk	9th: Apricot Day 28th: Blueberry Pancake Day 29th: Corn Chip Day
PM Snack	Bananas & Grahams	Jell-O & Fruit	Marshmallows & Grahams	Apples & Wow! Butter	