




# Covenant Schools of Rio Rancho-April 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b>	Pancakes, Bananas & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	English Muffins, Jelly & Milk
AM Snack	Crackers & Cheese Cubes	Goldfish & Juice	Sliced Apples & Pretzels	Carrot Sticks & Ranch	Strawberry Yogurt & Graham Crackers
<b>LUNCH</b>	Ham Sandwiches, Pickles, Chips, Peaches & Milk	Quesadillas, Baked Beans, Pineapple & Milk	Macaroni & Cheese w/Peas, Pears & Milk	<b>**Bean &amp; Cheese Burritos</b> , Corn, Pineapple & Milk	Taco Salad w/Beef, Beans, Cheese Lettuce & Tomatoes, Peaches & Milk
PM Snack	Bananas & Animal Crackers	Jell-O w/Fruit	Cucumbers & Saltines	Oatmeal Cookies & Milk	Marshmallows & Pretzels
<b>WEEK 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Ham & Cheese Egg Cups, Bananas & Milk	Bagels w/Cream Cheese, Jelly & Milk	Cereal, Bananas & Milk	Cream of Wheat, Peaches & Milk	Cinnamon Apple & Brown Sugar Oatmeal & Milk
AM Snack	Sliced Cheese & Townhouse Crackers	Sliced Oranges & Pretzels	Goldfish & Juice	Cucumbers & Ranch	Blueberries & Yogurt
<b>LUNCH</b>	Penne Alfredo w/Peas, Pineapple & Milk	Sloppy Joes, Pickles, Chips, Peaches & Milk	Albondigas Soup (Tomatoes, Rice & Meatballs) Pineapple, Saltines & Milk	Chicken Nuggets, Salad, Pears & Milk	Tomato Soup, <b>**Grilled Cheese</b> , Pineapple & Milk
PM Snack	Applesauce & Graham Crackers	Jell-O w/Fruit	Celery & Wow! Butter	Carrot Sticks & Saltines	Bananas & Vanilla Wafers
<b>WEEK 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	Waffles, Bananas & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas & Milk	Blueberry Muffins & Milk	<b>Closed For</b>
AM Snack	Goldfish & Juice	String Cheese & Saltines	Sliced Oranges & Pretzels	<b>**Animal Crackers</b> & Carrot Sticks	<b>Good Friday</b>
<b>LUNCH</b>	Spaghetti w/Meat Sauce, Salad, Peaches and Milk	Cheesy Potato Soup w/Ham, Saltines, Pineapple & Milk	Chicken Curry & Rice Casserole w/Spinach, Pears & Milk	Taco Lasagna w/Lettuce, Tomatoes & Sour Cream, Pineapple & Milk	
PM Snack	Sliced Apples & Animal Crackers	Jell-O w/Fruit	Cucumbers & Saltines	Marshmallows & Graham Crackers	
<b>WEEK 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	Peach Oatmeal & Milk	Cinnamon Toast, Apples & Milk	Cereal, Bananas & Milk	Yogurt Parfait (Yogurt, Blueberries & Cheerios) & Milk	French Toast Sticks, Bananas & Milk
AM Snack	Sliced Apples & Graham Crackers	Animal Crackers & Juice	Cheese & Crackers	Cucumbers & Ranch	Yogurt & Graham Crackers
<b>LUNCH</b>	Chicken Nuggets, Mashed Potatoes, Pineapple & Milk	Hamburger Tater-Tot Casserole w/Mixed Veggies, Peaches & Milk	Green Chile Chicken Stew, Tortillas, Pears & Milk	Italian Pasta Salad w/Ham, Spinach, Tomatoes and Parmesan, Pineapple & Milk	Beef & Bean Soft Tacos w/Lettuce, Sour Cream & Tomatoes, Pineapple & Milk
PM Snack	String Cheese & Saltines	Jell-O w/Fruit	Carrot Sticks & Saltines	Applesauce & Animal Crackers	Chocolate Pudding & <b>**Pretzels</b>
<b>WEEK 5</b>	<b>29</b>	<b>30</b>		<b>National Holidays:</b>	
<b>Breakfast</b>	Breakfast Bowls (Hash browns, Sausage, Egg & Cheese) Bananas & Milk	Cream of Wheat, Oranges & Milk		<b>4<sup>th</sup>: Burrito Day!</b>	
AM Snack	Pretzels & Juice	Tortillas & Cheese		<b>12<sup>th</sup>: Grilled Cheese Day!</b>	
<b>LUNCH</b>	Chicken Noodle Soup w/Mixed Veggies, Pineapple & Milk	Turkey Sandwiches, Pickles, Pretzels, Pears & Milk		<b>18<sup>th</sup>: Animal Crackers Day!</b>	
PM Snack	Bananas & Graham Crackers	Jell-O w/Fruit		<b>26<sup>th</sup>: Pretzel Day!</b>	