



Covenant School of Rio Rancho June 2019 Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|--|---|
| WEEK 1 | 3 | 4 | 5 | 6 | 7 |
| Breakfast | Waffles, Bananas, & Milk | Strawberry Oatmeal & Milk | Cereal, Bananas, & Milk | French Toast Sticks, Sliced Oranges, & Milk | Bagels, Cream Cheese, Jelly, & Milk |
| AM Snack | Goldfish & Juice | String Cheese & Apples | Sliced Oranges & Pretzels | Cucumbers & Saltines | Carrot Sticks & Ranch |
| LUNCH | Green Chile Chicken Enchiladas with Corn & Black Beans, Pineapple, & Milk | Cheesy Broccoli Soup with Chicken & Rice, Pears, & Milk | Quesadillas, Baked Beans, Pineapples, & Milk | Meatball Sandwiches, Salad, Peaches, & Milk | Ravioli in Marinara Sauce, Salad, Pineapple, & Milk |
| PM Snack | Fruit & Animal Crackers | Jell-O with Fruit | Yogurt & Blueberries | Applesauce Cake & Milk | Chocolate Ice Cream & Fruit |
| WEEK 2 | 10 | 11 | 12 | 13 | 14 |
| Breakfast | Egg Cups, Oranges, & Milk | Cream of Wheat, Peaches, & Milk | Cereal, Bananas, & Milk | Pancakes, Blueberries, & Milk | English Muffins, Jelly, & Milk |
| AM Snack | Applesauce & Graham Crackers | Crackers & Cheese Cubes | Sliced Apples & Pretzels | Carrot Sticks & Ranch | Strawberry Yogurt & Graham Crackers |
| LUNCH | Italian Pasta Salad with Ham & Cheese, Pineapples, & Milk | Turkey & Cheese Sandwiches, Pickles, Pears, & Milk | Hamburger Tater-Tot Casserole with Vegetables, Pineapples, & Milk | Mini Pizzas, Salad, Peaches, & Milk | Beef-A-Roni, Salad, Pineapples, & Milk |
| PM Snack | Celery & Wow! Butter | Jell-O with Fruit | Vanilla Wafers & Fruit | Cucumbers & Crackers | Bananas & Cookies |
| WEEK 3 | 17 | 18 | 19 | 20 | 21 |
| Breakfast | Biscuits, Jelly, & Milk | Blueberry Oatmeal & Milk | Cereal, Bananas, & Milk | French Toast Sticks, Oranges, & Milk | Cinnamon Toast, Apples, & Milk |
| AM Snack | Carrot Sticks & Ranch | Tortillas & Cheese | Sliced Oranges & Graham Crackers | Cucumbers & Ranch | Yogurt & Animal Crackers |
| LUNCH | Ham & Cheese Sandwiches, Pickles, Pears, & Milk | Beef, Mixed Vegetables, Rice, Pineapples, & Milk | Tomato Noodle Soup with Chicken, Saltines, Peaches, & Milk | Chicken & Rice Casserole with Mixed Vegetables, Pineapples, & Milk | Soft Tacos with Beef and Beans, Lettuce, Tomatoes, Cheese, & Sour Cream, & Milk |
| PM Snack | Cucumbers & Saltines | Jell-O with Fruit | Marshmallows & Pretzels | Fruit & Crackers | Celery & Wow! Butter |
| WEEK 4 | 24 | 25 | 26 | 27 | 28 |
| Breakfast | Turkey & Spinach Egg Cups, Bananas, & Milk | Blueberry Muffins & Milk | Cereal, Bananas, & Milk | Waffles, Sliced Oranges, & Milk | Sausage & Cheese Breakfast Sandwiches, Bananas, & Milk |
| AM Snack | Saltines & Cheese Cubes | Goldfish & Juice | Sliced Apples & Animal Crackers | Strawberry Yogurt & Graham Crackers | Celery & Ranch |
| LUNCH | Sloppy Joes, Pickles, Chips, Pineapples, & Milk | Macaroni & Cheese, Peas, Pears, & Milk | Chicken Noodle Soup with Mixed Vegetables, Saltines, Pineapples, & Milk | Loaded Baked Potato Casserole, Peaches, & Milk | Chicken Nuggets, Mashed Potatoes, Pineapples, & Milk |
| PM Snack | Fruit & Pretzels | Jell-O with Fruit | Chocolate Pudding & Pretzels | Carrot Sticks & Saltines | Bananas & Vanilla Wafers |
| | | | | National Holidays: | |
| | | | | 6 th : Applesauce Cake Day | |
| | | | | 7 th : Chocolate Ice Cream Day | |