



Covenant Schools of Rio Rancho-August 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays! August 2nd: Ice Cream Sandwich Day! August 19th: Soft Ice Cream Day! August 23rd: Sponge Cake Day!			1	2
Breakfast			Blueberry Oatmeal & Milk	English Muffins, Jelly & Milk	
AM Snack			Cucumbers & Ranch	Vanilla Yogurt & Blueberries	
LUNCH			Spaghetti w/ Meat Sauce, Salad, Peaches & Milk	Chicken Nuggets, Salad, Pineapple & Milk	
PM Snack			Applesauce & Graham Crackers	*Ice Cream Sandwiches & Bananas	
WEEK 2	5	6	7	8	9
Breakfast	Biscuits, Jelly & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	Pancakes, Blueberries & Milk	Ham & Cheese Egg Cups, Bananas & Milk
AM Snack	Goldfish & Juice	String Cheese & Pretzels	Cantaloupe & Crackers	Carrot Sticks & Ranch	Yogurt & Graham Crackers
LUNCH	Bean & Cheese Burritos, Corn, Pineapple & Milk	Meatballs in Gravy, Mashed Potatoes, Peaches & Milk	Macaroni & Cheese w/ Peas, Pears & Milk	Teriyaki Chicken, Rice, Broccoli, Pineapple & Milk	Frito Pie w/ Chili, Corn Chips, Lettuce, Sour Cream, Pears & Milk
PM Snack	Pudding & Vanilla Wafers	Jell-O w/ Fruit	Banana Bread & Milk	Celery & Wow Butter	Marshmallows & Grahams
WEEK 3	12	13	14	15	16
Breakfast	Biscuits, Gravy, Bananas & Milk	Waffles, Oranges & Milk	Cereal, Bananas & Milk	Strawberry Oatmeal & Milk	Cinnamon Toast, Apples & Milk
AM Snack	Sliced Cheese & Crackers	Sliced Apples & Pretzels	Goldfish & Juice	Cucumbers & Ranch	Vanilla Yogurt & Fruit
LUNCH	Turkey & Cheese Sandwiches, Pretzels, Pickles, Pineapple & Milk	Hamburger Tater-tot Casserole w/ Mixed Veggies, Peaches & Milk	Red Chile Chicken Enchiladas, Corn, Beans, Pineapple & Milk	Mini Pizzas, Salad, Peaches & Milk	Ravioli in Marinara, Salad, Pineapple & Milk
PM Snack	Oranges & Graham Crackers	Jello-O w/ Fruit	Applesauce & Pretzels	Cinnamon Apples & Graham Crackers	Fruit Ice & Crackers
WEEK 4	19	20	21	22	23
Breakfast	Turkey & Spinach Egg Cups & Milk	Bagels, Jelly & Milk	Cereal, Bananas & Milk	Biscuits, Gravy, Oranges & Milk	Pancakes, Bananas & Milk
AM Snack	Sliced Cheese & Tortillas	Sliced Oranges & Milk	Watermelon & Crackers	Carrot Sticks & Ranch	Yogurt & Animal Crackers
LUNCH	Sloppy Joes, Pickles, Chips, Pineapple & Milk	Green Chile Chicken Soup, Tortillas, Pears & Milk	Chicken & Rice Casserole w/ Mixed Veggies, Pineapple & Milk	Meatball Sandwiches, Salad, Peaches & Milk	Taco Salad w/ Beef, Beans, Cheese, Lettuce & Tomato, Pineapple & Milk
PM Snack	*Ice Cream Cups & Bananas	Jell-O w/ Fruit	Juice & Animal Crackers	Celery & Wow Butter	*Sponge Cake & Strawberries
WEEK 5	26	27	28	29	30
Breakfast	French Toast Sticks, Bananas & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas & Milk	Waffles, Oranges & Milk	Biscuits, Gravy, Oranges & Milk
AM Snack	String Cheese & Crackers	Sliced Oranges & Graham Crackers	Cantaloupe & Crackers	Cucumbers & Ranch	Vanilla Yogurt & Fruit
LUNCH	Italian Pasta Salad w/ Ham, Cheese, Spinach & Tomato, Pineapple & Milk	Hamburgers, Chips, Pickles, Peaches & Milk	Mini Pizzas, Carrot Sticks, Pineapple & Milk	Ham & Cheese Sandwiches, Pretzels, Pickles, Pears & Milk	Cheesy Broccoli Soup w/ Chicken & Rice, Saltines, Pineapple & Milk
PM Snack	Cookies & Milk	Jell-O w/ Fruit	Fruit Ice & Pretzels	Banana Bread & Milk	Pudding & Vanilla Wafers