



Covenant Schools of Rio Rancho- October 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Waffles, Bananas, & Milk
AM Snack		Apple Juice & Animal Crackers	Oranges & Pretzels	Strawberry Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH		Chicken Noodle Soup with Mixed Vegetables, Mixed Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Pineapple, & Milk	Hearty Meatball Soup with Green Beans, Rice, Mixed Fruit, & Milk	Chicken Tacos , Bell Peppers, Onions, Cheese, Pineapple, & Milk
PM Snack		Brownies & Milk	Celery & Wow! Butter	Cucumbers & Saltines	Ice Cream Sandwiches & Bananas
WEEK 2	7	8	9	10	11
Breakfast	Cream of Wheat, Fruit, & Milk	Cinnamon Toast, Apples, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Closed for Fall Break
AM Snack	Orange Juice & Pretzels	Sliced Cheese & Tortillas	Apples & Pretzels	Carrot Sticks & Ranch	
LUNCH	Tomato Noodle Soup, Saltines, Pineapple, & Milk	Spaghetti with Meat Sauce, Mixed Fruit, & Milk	Vegetable Soup with Sausage & Rice, Pineapple, & Milk	Green Chile Beef Stew, Tortillas, Mixed Fruit, & Milk	
PM Snack	Bananas & Graham Crackers	Jell-O & Fruit	Cucumbers & Saltines	Celery & Wow! Butter	
WEEK 3	14	15	16	17	18
Breakfast	Egg Cups, Bananas, & Milk	Biscuits, Jelly & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Fruit, & Milk	French Toast Sticks, Bananas, & Milk
AM Snack	Apple Juice & Graham Crackers	Orange Juice & Pretzels	Cheese & Crackers	Yogurt & Blueberries	Cucumbers & Saltines
LUNCH	Broccoli Cheese Soup, Rice, Pineapple, & Milk	Macaroni & Cheese, Peas, Mixed Fruit, & Milk	Beef & Barley Stew with Vegetables, Pineapples, & Milk	Creamy Lemon Chicken Pasta with Peas, Mixed Fruit, & Milk	Ravioli with Marinara Sauce, Salad, Pineapple, & Milk
PM Snack	Bananas & Animal Crackers	Jell-O with Fruit	Oranges & Animal Crackers	Marshmallows & Grahams	Vanilla Wafers & Bananas
21	21	22	23	24	25
Breakfast	Pancakes, Bananas, & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Closed For In-Service Day
AM Snack	Cheese & Crackers	Orange Juice & Pretzels	Oranges & Graham Crackers	Cheese & Pretzels	
LUNCH	Hamburger Vegetable Soup with Rice, Pineapple, & Milk	Turkey Sandwiches, Pickles, Mixed Fruit, & Milk	Zuppa Toscana (Sausage, Potatoes, Kale, & Cream), Pineapple, & Milk	Chicken Fried Rice with Peas and Carrots, Mixed Fruit, & Milk	
PM Snack	Pudding & Graham Crackers	Jell-O with Fruit	Celery & Wow! Butter	Carrot Sticks & Saltines	
WEEK 5	28	29	30	31	National Holidays: 4th: Taco Day 17th: Pasta Day 29th: Oatmeal Day
Breakfast	Cream of Wheat, Fruit, & Milk	Cinnamon Apple Oatmeal & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Apples, & Milk	
AM Snack	Strawberry Yogurt & Grahams	Orange Juice & Goldfish	Applesauce & Grahams	Yogurt & Blueberries	
LUNCH	Tomato Soup with Chicken & Rice, Pineapple, & Milk	Chicken Pot Pie Soup with Peas & Carrots, Mixed Fruit, & Milk	Bean & Cheese Burritos, Corn, Peaches, & Milk	Cheesy Potato Soup with Ham, Saltines, Mixed Fruit, & Milk	
PM Snack	Animal Crackers & Bananas	Jell-O & Fruit	Banana Pudding & Wafers	Celery & Wow! Butter	