



Covenant Schools of Rio Rancho December 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
Breakfast	Apple Fritters & Milk	Biscuits with Gravy, Peaches & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Peaches, & Milk	Strawberry Oatmeal & Milk
AM Snack	Animal Crackers & Juice	Cheese Sticks & Saltines	Applesauce & Goldfish	Pretzels & Juice	Yogurt & Blueberries
LUNCH	Ham & Cheese Sandwiches, Pickles, Peaches, & Milk	Tomato Soup with Noodles, Pineapples, & Milk	Hamburger Vegetable Soup with Rice, Oranges, & Milk	Spaghetti with Meat Sauce, Salad, Pineapples, & Milk	Ginger Chicken Soup with Rice, Mixed Vegetables, Peaches, & Milk
PM Snack	Pudding & Graham Crackers	Oranges & Pretzels	Christmas Cookies & Milk	Carrots & Saltines	Bananas & Grahams
WEEK 2	9	10	11	12	13
Breakfast	English Muffins, Jelly, & Milk	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Oranges, & Milk	Bagels, Cream Cheese, Jelly, & Milk
AM Snack	Juice & Goldfish	Bananas & Animal Crackers	Sliced Cheese & Crackers	Yogurt & Vanilla Wafers	Tortillas & Cheese
LUNCH	Chicken and Rice Casserole with Green Beans, Pineapples, & Milk	Bologna Sandwiches, Salad, Pickles, Peaches, & Milk	Beef & Barley Stew, Mixed Vegetables, Pineapples, & Milk	Lemon Cream Chicken Pasta, Peas, Peaches, & Milk	Chicken Noodle Soup with Vegetables, Saltines, Pineapples, & Milk
PM Snack	Fruit & Graham Crackers	Jell-O with Fruit	Banana Bread & Milk	Celery & Wow! Butter	Bananas & Animal Crackers
WEEK 3	16	17	18	19	20
Breakfast	Cinnamon Toast, Oranges, & Milk	Pancakes, Maple Syrup, Bananas, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Bagels, Jelly, & Milk
AM Snack	Cheez Its & Juice	Applesauce & Crackers	Turkey & Cheese	Carrot Sticks & Ranch	Strawberry Yogurt & Animal Crackers
LUNCH	Cheesy Broccoli Soup with Rice, Saltines, Pineapples, & Milk	Sloppy Joes, Pickles, Chips, Peaches, & Milk	Tomato Soup with Chicken & Rice, Peaches, & Milk	Bean & Cheese Burritos, Corn, Mixed Fruit, & Milk	Mini Pizzas, Carrot Sticks, Pineapples, & Milk
PM Snack	Carrot Sticks & Saltines	Jell-O with Fruit	Oranges & Pretzels	Bananas & Vanilla Wafers	Pumpkin Bread & Milk
WEEK 4	23	24	25	26	27
Breakfast	Breakfast Casserole, Fruit, & Milk	Cereal, Bananas, & Milk	Closed	Closed	Waffle Chicken Fritters, Fruit, & Milk
AM Snack	Juice & Goldfish	String Cheese & Crackers	For	For	Yogurt & Blueberries
LUNCH	Teriyaki Beef, Broccoli, Rice, Pineapple, & Milk	Chicken Nuggets, Mashed Potatoes, Peaches, & Milk	Christmas!	Christmas!	Creamy Turkey Soup with Vegetables, Potatoes, Pineapples, & Milk
PM Snack	Fruit & Animal Crackers	Jell-O with Fruit			Brownies & Milk
WEEK 5	30	31			
Breakfast	Biscuits & Gravy, Bananas, & Milk	Breakfast Burritos, Fruit, & Milk		National Holidays:	
AM Snack	Animal Crackers & Bananas	String Cheese & Crackers		2nd: Fritters Day	
LUNCH	Quesadillas, Baked Beans, Peaches, & Milk	Chicken Fried Rice with Carrots & Peas, Pineapples, & Milk		4th: Cookie Day 17th: Maple Syrup Day	