



# Covenant Schools of Rio Rancho March 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	Cinnamon Toast, Apples, & Milk	Strawberry Oatmeal & Milk	Cereal, Bananas, & Milk	Ham & Cheese Egg Cups, Oranges, & Milk	Pancakes, Bananas, & Milk
AM Snack	Vanilla Yogurt & Grahams	Goldfish & Apple Juice	Sliced Apples & Cheese	Strawberry Yogurt & Grahams	Carrots & Ranch
<b>LUNCH</b>	Zuppa Toscana (sausage, kale, cream, chicken broth, & potatoes), Pineapple, & Milk	Turkey & Cheese Sandwiches, Pickles, Pretzels, Peaches, & Milk	Green Chile Chicken Stew, Tortillas, Pineapple, & Milk	Broccoli & Cheese Soup with Rice, Saltines, Peaches, & Milk	Chicken Nuggets, Mashed Potatoes, Mixed Veggies, Pineapple, & Milk
PM Snack	String Cheese & Saltines	Jell-O with Fruit	Sliced Oranges & Pretzels	Cucumber & Crackers	<u>Oreo Cookies</u> & Milk
<b>WEEK 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	Waffles, Bananas, & Milk	Cream of Wheat, Peaches, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	French Toast Sticks, Bananas, & Milk
AM Snack	Cheese & Tortillas	Vanilla Yogurt & Pretzels	Crackers & Lunch Meat	Strawberry Yogurt & Grahams	Cucumbers & Ranch
<b>LUNCH</b>	Brown Gravy, <u>Meatballs</u> , Potatoes, Salad, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Peaches, & Milk	Bean & Cheese Burritos, Corn, Mixed Fruit, & Milk	Chicken & Rice Casserole with Green Beans, Peaches, Milk	Penne Pasta in Marinara Sauce, Salad, Pineapple, & Milk
PM Snack	Sliced Oranges & Saltines	Jell-O with Fruit	Bananas & Animal Crackers	Carrot Sticks & Pretzels	Bananas & Vanilla Wafers
<b>WEEK 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Bagels, Jelly, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Strawberry Oatmeal & Milk	English Muffins, Jelly, & Milk
AM Snack	Applesauce & Grahams	Orange Juice & Pretzels	String Cheese & Pretzels	Carrot Sticks & Ranch	Strawberry Yogurt & Grahams
<b>LUNCH</b>	Chicken Noodle Soup with Rice Noodles, Mixed Veggies, Pineapple, & Milk	Irish Beef Stew, Bread, Pineapple, & Milk	<u>Sloppy Joes</u> , Pickles, Chips, Peaches, & Milk	Mini Pizzas, Salad, Pineapple, & Milk	Cheese Ravioli, Marinara Sauce, Salad, Milk
PM Snack	Sliced Oranges & Pretzels	Jell-O & Fruit	Sliced Apples & Wow! Butter	Cucumbers & Crackers	Banana Bread & Milk
<b>WEEK 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Yogurt, Blueberries, Cheerios, & Milk	Cinnamon Apple Oatmeal & Milk	Cereal, Bananas, & Milk	Turkey & <u>Spinach</u> Egg Cups, Peaches, & Milk	Waffles, Bananas, Milk
AM Snack	Cheese & Pretzels	Apple Juice & Goldfish	Sweet Pickles & Pretzels	Vanilla Yogurt & Blueberries	Carrot Sticks & Ranch
<b>LUNCH</b>	Hamburger Curry with Carrots & Potatoes Over Rice, Pineapple, & Milk	Taco Lasagna with Beef, Beans, Tomatoes, Tortillas, & Cheese, Peaches, & Milk	Hamburger Veggie Soup with Barley, Pineapple, & Milk	Tomato Florentine Soup with <u>Spinach</u> , Grilled Cheese Sandwiches, Peaches, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk
PM Snack	Bananas & Animal Crackers	Jell-O & Fruit	Sliced Oranges & Grahams	Celery Sticks & Wow! Butter	Fudge Brownies & Milk
<b>WEEK 5</b>	<b>30</b>	<b>31</b>	<b>Special Days:</b>		
<b>Breakfast</b>	Pancakes, Bananas, & Milk	Cream of Wheat, Oranges, & Milk	 <p>For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land. Song of Solomon 2:11-12</p>		
AM Snack	Strawberry Yogurt & Grahams	Orange Juice & Cheez Its			
<b>LUNCH</b>	Macaroni & Cheese with Peas, Peaches, & Milk	<u>Tater</u> -tot Casserole with Ground Beef, Mixed Veggies, Oranges, & Milk			
PM Snack	Sliced Oranges & Pretzels	Jell-O & Fruit			
			<b>Oreo Cookie Day:</b> 3/6 <b>Meatball Day:</b> 3/9		
			<b>Sloppy Joe Day:</b> 3/18		
			<b>Ravioli Day:</b> 3/20 <b>Spinach Day:</b> 3/26		
			<b>Tater Day:</b> 3/31		