



Covenant School of Rio Rancho- May 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	National Holidays 4 th - Orange Juice Day 14 th - Buttermilk Biscuit Day 22 nd - Vanilla Pudding Day 28 th - Hamburger Day		FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE. JEREMIAH 29:11		1	
Breakfast						Scrambled Eggs, Fruit, & Milk
AM Snack						Yogurt & Blueberries
LUNCH						Turkey Sandwiches, Salad, Peaches, & Milk
PM Snack						Pretzels & Cheese
WEEK 2	4	5	6	7	8	
Breakfast	English Muffins, Jelly, & Milk	Scrambled Eggs, Pineapple, & Milk	Cereal, Fruit, & Milk	Waffles, Blueberries, & Milk	Blueberry Muffins & Milk	
AM Snack	<u>Orange Juice</u> & Pretzels	Applesauce & Saltines	Animal Crackers & Bananas	Wow! Butter & Apples	Sweet Pickles & Pretzels	
LUNCH	Chicken Fajitas (Chicken, Onions, and Bell Peppers) with Corn Tortillas, Tomatoes, Cheese, & Milk	Ham Sandwiches, Salad, Peaches, & Milk	Taco Salad (Tortilla Chips, Lettuce, Chili Beans, Tomatoes), Fruit, & Milk	Chicken Patty Sandwiches, Peaches, Salad, & Milk	Red Chile Enchiladas, Salad, Pineapple, & Milk	
PM Snack	Oreos & Chocolate Pudding	Jell-O & Fruit	Ice Cream/Popsicles and Fruit	Saltines & Cheese	Animal Crackers & Fruit	
WEEK 3	11	12	13	14	15	
Breakfast	Pancakes, Blueberries, & Milk	Toast with Jelly & Milk	Cereal, Fruit, & Milk	<u>Buttermilk Biscuits</u> , Gravy, Fruit, & Milk	Scrambled Eggs, Peaches, & Milk	
AM Snack	Saltines & Ham	Applesauce & Cookies	Crackers & Cheese	Wow! Butter & Apples	Saltines & Salami	
LUNCH	Wow! Butter & Jelly Sandwiches, Chips, & Milk	Sausage, Kale, & Potato Soup, Saltines, Pineapple, & Milk	Salami Sandwiches, Pickles, Peaches, & Milk	Spaghetti & Meatballs in Marinara Sauce, Salad, & Milk	Chef Salad with Ham, Cheese, and Eggs, Fruit, & Milk	
PM Snack	Brownies & Fruit	Pretzels & Cheese	Oreos & Fruit	Oranges & Crackers	Apples & Cookies	
WEEK 4	18	19	20	21	22	
Breakfast	Bagels, Jelly, & Milk	Pancakes, Blueberries, & Milk	Cereal, Fruit, & Milk	Blueberry Muffins & Milk	Scrambled Eggs, Pineapple, & Milk	
AM Snack	Animal Crackers & Fruit	Oranges & Crackers	Apples & Pretzels	Oranges & Crackers	Apples & Pretzels	
LUNCH	Barley & Vegetable Soup, Saltines, Pineapple, & Milk	Bean Burritos, Salad, Peaches, & Milk	Chicken Nuggets, Mashed Potatoes, Apples, & Milk	Penne Pasta Alfredo, Peas, Fruit, & Milk	Red Chile Enchiladas, Broccoli, Peaches, & Milk	
PM Snack	Marshmallows & Pretzels	Jell-O & Fruit	Brownies & Fruit	Cookies & Fruit	<u>Vanilla Pudding</u> & Oranges	
WEEK 5	25	26	27	28	29	
Breakfast	Closed for Memorial Day!	Scrambled Eggs, Pineapple, & Milk	Cereal, Fruit, & Milk	Pancakes, Blueberries, & Milk	Waffles, Blueberries, & Milk	
AM Snack		Oranges & Crackers	Animal Crackers & Bananas	Oranges & Crackers	Apples & Pretzels	
LUNCH		Italian Pasta Salad w/Ham, Spinach, Tomatoes and Parmesan, Oranges & Milk	Taco Lasagna with Beans, Tomatoes, Tortillas, & Cheese, Salad, & Milk	<u>Hamburgers</u> , Carrot Sticks, Pineapple, & Milk	Creamy White Chile Soup, Crackers, Pineapple, & Milk	
PM Snack		Jell-O & Fruit	Marshmallows & Pretzels	Brownies & Fruit	Pumpkin Bread & Milk	