



# Covenant School of Rio Rancho June 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b>	Waffles, Fruit, & Milk	Egg Cups, Fruit, & Milk	French Toast Sticks, Bananas, & Milk	Egg Cups, Fruit, & Milk	<b>*Doughnuts</b> , Apples, & Milk
<b>AM Snack</b>	Goldfish & Juice	Pretzels & Cheese	Strawberry Yogurt & Grahams	Fruit & Animal Crackers	Applesauce & Pretzels
<b>LUNCH</b>	Salami Sandwiches, Salad, Peaches, & Milk	Meatball Veggie Soup with Rice, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Spaghetti, Salad, Fruit, & Milk	Bean & Cheese Tacos, Mixed Veggies, Fruit, & Milk
<b>PM Snack</b>	Jell-O with Fruit	Brownies & Milk	Veggie Sticks & Ranch	Apples & <b>*Cheese</b>	Chocolate Pudding & Animal Crackers
<b>WEEK 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Blueberry Muffins & Milk	Egg Cups, Fruit, & Milk	French Toast Sticks, Bananas, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Pretzels & Cheese	Goldfish & Juice	Vanilla Yogurt & Blueberries	Applesauce & Pretzels	Fruit & Animal Crackers
<b>LUNCH</b>	Turkey Sandwiches, Pickles, Fruit, & Milk	Ham & Cheese Pinwheels, Pickles, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Chef Salad with Ham & Cheese, Croutons, Fruit, & Milk	Cheesy Taco Pasta with Tomatoes, Fruit, & Milk
<b>PM Snack</b>	Jell-O with Fruit	Vanilla Pudding & Crackers	Veggie Sticks & Ranch	Marshmallows & Grahams	Vanilla Pudding & Grahams
<b>WEEK 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	Blueberry Muffins & Milk	Bagels, Jelly, & Milk	Blueberry Pancakes & Milk	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Goldfish & Juice	Pretzels & Cheese	<b>*Carrot Sticks</b> & Ranch	Fruit & Animal Crackers	Applesauce & Pretzels
<b>LUNCH</b>	Hamburgers, Carrot Sticks, Fruit, & Milk	Red Chile Enchiladas, Broccoli, Fruit, & Milk	Pasta Alfredo with Peas, Fruit, & Milk	Taco Salad, Fruit, & Milk	Chicken Noodle Pasta with Mixed Veggies, Fruit, & Milk
<b>PM Snack</b>	Jell-O with Fruit	Chocolate Pudding & Grahams	<b>*Celery</b> & Wow! Butter	Vanilla Wafers & Fruit	Fruit Ice Cups
<b>WEEK 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	Bagels, Jelly, & Milk	Biscuits, Jelly, & Milk	Cinnamon Toast, Fruit, & Milk	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk
<b>AM Snack</b>	Pretzels & Cheese	Goldfish & Juice	Strawberry Yogurt & Grahams	Applesauce & Pretzels	Fruit & Animal Crackers
<b>LUNCH</b>	Chicken Pinwheels, Pickles, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Meatball Sandwiches, Salad, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk
<b>PM Snack</b>	Jell-O with Fruit	Vanilla Pudding & Animal Crackers	Veggie Sticks & Ranch	Celery & Wow Butter!	<b>*Chocolate Pudding</b> & Graham Crackers
<b>WEEK 5</b>	<b>29</b>	<b>30</b>			
<b>Breakfast</b>	Waffles, Fruit, & Milk	Biscuits & Gravy, Fruit, & Milk		<b>National Holidays:</b>	
<b>AM Snack</b>	Goldfish & Juice	Pretzels & Cheese		<b>4<sup>th</sup>: Cheese Day!</b> <b>5<sup>th</sup>: Doughnut Day!</b>	
<b>LUNCH</b>	Chicken & Rice Casserole with Veggies, Fruit, & Milk	Salami Sandwiches, Pickles, Fruit & Milk		<b>17<sup>th</sup>: Eat Your Vegetables Day!</b> <b>26<sup>th</sup>: Chocolate Pudding Day!</b>	
<b>PM Snack</b>	Jell-O with Fruit	Cake & Fruit			