



# Covenant Schools of Rio Rancho December 2020 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>		1	2	3	4
Breakfast		Blueberry Oatmeal & Milk	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk
AM Snack		Chips & Salsa	Applesauce & Saltines	Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH		Bean & Cheese Tacos, Corn, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Cheesy Potato Soup with Ham, Fruit, & Milk	Tomato Soup with Noodles, Saltines, Fruit, & Milk
PM Snack		<b>Red Apples</b> & Pretzels	Bananas & Animal Crackers	Fresh Fruit & Pretzels	Oreo <b>Cookies</b> & Milk
<b>WEEK 2</b>	7	8	9	10	11
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Bagels, Jelly, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Cheese & Crackers	Oranges & Pretzels	Juice & Goldfish	Yogurt & Animal Crackers	Celery & Ranch
LUNCH	Hamburger Tater-Tot Casserole with Mixed Vegetables, Fruit, & Milk	Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & Milk	Meatballs, Mashed Potatoes, Fruit, & Milk	Beef & Barley Stew with Mixed Vegetables, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk
PM Snack	Apples & Animal Crackers	<b>Brownies</b> & Milk	Fresh Fruit & Graham Crackers	Cucumbers & Saltines	Bananas & Vanilla Wafers
<b>WEEK 3</b>	14	15	16	17	18
Breakfast	English Muffins, Jelly, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	French Toast Sticks with <b>Maple Syrup</b> , Fruit, & Milk	Biscuits & Sausage Gravy and Milk
AM Snack	Goldfish & Juice	Ham & Townhouse Crackers	String Cheese & Saltines	Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Macaroni & Cheese with Peas, Fruit, & Milk	Teriyaki Chicken with Rice, Broccoli, Fruit, & Milk	Tuna Noodle Casserole with Peas, Fruit, & Milk	Spaghetti with Meat Sauce, Fruit, & Milk	Sloppy Joes, Pickles, Chips, Fruit, & Milk
PM Snack	Jell-O with Fruit	Wow! Butter & Pretzels	Oranges & Animal Crackers	Celery & Wow! Butter	Pumpkin Bread & Milk
<b>WEEK 4</b>	21	22	23	24	25
Breakfast	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Waffles, Fruit, & Milk	<b>Closed</b>	<b>Closed</b>
AM Snack	Cheese & Crackers	Bananas & Graham Crackers	Goldfish & Juice	<b>For</b>	<b>For</b>
Lunch	Chicken Nuggets, Carrot Sticks, Fruit, & Milk	Bean & Cheese Burritos, Corn, Fruit, & Milk	Pork Posole, Tortillas, Fruit, & Milk	<b>Christmas!</b>	<b>Christmas!</b>
PM Snack	Pudding & Pretzels	Jell-O with Fruit	Holiday Cookies & Milk		
<b>WEEK 5</b>	28	29	30	31	
Breakfast	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Breakfast Burritos, Fruit, & Milk	<b>National Holidays:</b>
AM Snack	Goldfish & Juice	Oranges & Pretzels	Applesauce & Graham Crackers	Carrot Sticks & Ranch	<b>1<sup>st</sup>: Red Apple Day</b>
LUNCH	Hamburger Vegetable Soup, Saltines, Fruit, & Milk	Green Chile Beef Stew, Tortillas, Fruit, & Milk	Meatball Sandwiches, Salad, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	<b>4<sup>th</sup>: Cookie Day</b> <b>8<sup>th</sup>: Brownie Day</b>
PM Snack	Bananas & Animal Crackers	Celery & Wow! Butter	Cheese & Crackers	Pretzels & Marshmallows	<b>17<sup>th</sup>: Maple Syrup Day</b>