



# Covenant Schools of Rio Rancho

## February 2021 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>	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal, & Milk	Biscuits, Jelly, & Milk
AM Snack	Juice & Goldfish	Fresh Berries & Animal Crackers	Ham & Crackers	Carrot Sticks & Ranch	Cucumbers & Saltines
<b>LUNCH</b>	Beef Stroganoff w/ Peas, Fruit, & Milk	<b>Tater Tot</b> Casserole w/ Mixed Veggies, Fruit, & Milk	Chicken & Sausage Jambalaya, Fruit, & Milk	<b>Chicken &amp; Rice Soup w/ Mixed Veggies</b> , Fruit, & Milk	Sloppy Joe's, Chips, Pickles, Fruit, & Milk
PM Snack	Soft Pretzels & Nacho Cheese	Jell-O with Fruit	Oreos & Milk	Yogurt & Pretzels	Bananas & Vanilla Wafer
<b>WEEK 2</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b>	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Tortillas & Jelly	Cheez-It & Juice	Fresh Berries & Grahams	Cheese & Crackers	Celery Sticks & Ranch
<b>LUNCH</b>	Cheesy Broccoli & Potato Soup, Saltines, Fruit, & Milk	<b>Mini Pizzas</b> , Carrot Sticks, Fruit, & Milk	Posole, Tortillas, Fruit, & Milk	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk
PM Snack	Jell-O with Fruit	Bananas & Animal Crackers	Sliced Apples & String Cheese	Carrot Sticks & Pretzels	Yogurt & Animal Crackers
<b>WEEK 3</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b>	<b>Closed</b>	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Cinnamon Toast, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	<b>For</b>	Roasted Chickpeas & Fruit Rollups	Cheese Cubes & Pretzels	Yogurt & Grahams	Carrot Sticks & Ranch
<b>LUNCH</b>	<b>Presidents</b>	Ham & Cheese Sandwiches, Chips, Pickles, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Teriyaki Chicken, Rice, Broccoli, Fruit, & Milk	Quesadillas, Baked Beans, Fruit, & Milk
PM Snack	<b>Day!</b>	Jell-O with Fruit	Goldfish & Juice	Cucumbers & Saltines	Bananas & Vanilla Wafers
<b>WEEK 4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b>	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Blueberry Muffins & Milk	Cream of Wheat, Fruit, & Milk	Waffles, Fruit, & Milk
AM Snack	Cheese & Cracker	Goldfish & Juice	Bananas & Grahams	Carrot Sticks & Crackers	Cucumbers & Ranch
<b>LUNCH</b>	Meatball Sandwiches, Chips, Fruit, & Milk	Tomato Noodle Soup, Saltines, Fruit, & Milk	Spaghetti in Marinara, Salas, Fruit, & Milk	Frito Pie with <b>Chili</b> & Cheese, Salad, Fruit, & Milk	Bean & Cheese Tacos, Corn, Fruit & Milk
PM Snack	Pudding & Pretzels	<b>Banana Bread</b> & Milk	Oranges & Animal Crackers	Yogurt & Pretzels	Marshmallows & Grahams
<b>WEEK 5</b>					
<b>Breakfast</b>	<b>National Holidays:</b>				
AM Snack	2 <sup>nd</sup> : Tater Tot Day 4 <sup>th</sup> : Homemade Soup Day				
Lunch	9 <sup>th</sup> : Pizza Day 23 <sup>rd</sup> : Banana Bread Day				
PM Snack	25 <sup>th</sup> : Toast Day/Chili Day				

