



Covenant Schools of Rio Rancho March 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Pancakes, Blueberries, & Milk
AM Snack	Fresh Berries & Animal Crackers	Goldfish & Juice	Tortillas & Jelly	Strawberry Yogurt & Grahams	Carrots & Ranch
LUNCH	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Zuppa Toscana (Sausage, Kale, Cream, Chicken Broth, & Potatoes), Pineapple, & Milk	Salami & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Cheesy Broccoli & Chicken Soup w/ Rice, Fruit, & Milk	Grilled Cheese Sandwiches, Tomato Soup, Fruit, & Milk
PM Snack	String Cheese & Saltines	Jell-O with Fruit	Apples & Cheese	Cucumber & Crackers	Oreo Cookies & Milk
WEEK 2	8	9	10	11	12
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Cinnamon Toast, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Goldfish & Juice	Townhouse Crackers & Cheese	Crackers & Ham	Yogurt & Blueberries	Cucumbers & Ranch
LUNCH	Beef & Barley Stew, Saltines, Fruit, & Milk	Meatballs , Mashed Potatoes, Gravy, Fruit, & Milk	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Penne Pasta in Marinara, Salad, Fruit, & Milk	Bean & Cheese Tacos, Salad, Fruit, & Milk
PM Snack	Jell-O with Fruit	Pretzels & Wow Butter	Fresh Broccoli & Ranch	Carrot Sticks & Pretzels	Bananas & Vanilla Wafers
WEEK 3	15	16	17	18	19
Breakfast	Yogurt Parfaits w/ Blueberries, Cheerios, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Fruit, & Milk	Biscuits, Jelly, & Milk
AM Snack	Tortillas & Cheese	Goldfish & Juice	Applesauce & Pretzels	Carrot Sticks & Ranch	Strawberry Yogurt & Grahams
LUNCH	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit & Milk	Spaghetti in Marinara, Salad, Fruit, & Milk	Sloppy Joes , Chips, Pickles, Fruit, & Milk	Chicken Nuggets, Salad, Fruit, & Milk
PM Snack	Pretzels & Wow Butter	Marshmallows & Grahams	Oranges & Animal Crackers	Cucumbers & Crackers	Banana Bread & Milk
WEEK 4	22	23	24	25	26
Breakfast	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Waffles, Fruit, & Milk	Egg Cups w/ Parmesan, Spinach , & Milk
AM Snack	Goldfish & Juice	Fresh Berries & Grahams	Bananas & Animal Crackers	Vanilla Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Tomato Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Hamburger Curry w/ Carrots, Potatoes, & Rice, Fruit, & Milk	Beef-a-Roni, Salad, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Mini Pizzas, Salad, Fruit & Milk
PM Snack	Bananas & Animal Crackers	Jell-O & Fruit	Apples & String Cheese	Celery Sticks & Wow! Butter	Pretzels & Fruit Rollups
WEEK 5	29	30	31	Special Days:	
Breakfast	French Toast Sticks, Fruit, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	3 rd : Cold Cuts Day	
AM Snack	Tortillas & Jelly	Goldfish & Juice	Turkey & Crackers	9 th : Meatball Day	
LUNCH	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Chicken Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Tater-Tot Casserole (Chicken Broccoli, & Cheese), Fruit, & Milk	18 th : Sloppy Joe Day 26 th : Spinach Day	
PM Snack	Bananas & Vanilla Wafers	Pudding & Pretzels	Oranges & Animal Crackers	31 st : Tater Day	

Matthew 28:19

Therefore go, and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit.