



Covenant School of Rio Rancho April 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays:			1	2
Breakfast	1: Burrito Day			Breakfast Burritos , Fruit, & Milk	Closed For
AM Snack	12: Grilled Cheese Sandwich Day			Yogurt & Blueberries	Good Friday
LUNCH	26: Pretzel Day			Bean & Cheese Burritos , Corn, Pineapple, & Milk	
PM Snack	30: Oatmeal Cookie Day			Carrot Sticks & Saltines	
WEEK 2	5	6	7	8	9
Breakfast	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Yogurt Parfaits with Blueberries, Cheerios, & Milk	Cream of Wheat, Fruit, & Milk	Pancakes, Fruit, & Milk
AM Snack	Cheese & Pretzels	Goldfish & Juice	Fresh Berries & Pretzels	Yogurt & Grahams	Carrot Sticks & Ranch
LUNCH	Hamburger Vegetable Soup w/ Rice, Fruit, Saltines, & Milk	Tuna Salad Sandwiches, Chips, Pickles, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk
PM Snack	Bananas & Animal Crackers	Jell-O w/ Fruit	Apples & Animal Crackers	Cucumbers & Saltines	Marshmallows & Pretzels
WEEK 3	12	13	14	15	16
Breakfast	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Bagels, Jelly, & Milk	Waffles, Fruit, & Milk	Cinnamon Toast, Fruit, & Milk
AM Snack	Goldfish & Juice	Tortillas & Jelly	Cheese & Pretzels	Fresh Broccoli & Ranch	Peach Yogurt & Grahams
LUNCH	Grilled Cheese , Tomato Soup, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk	Chicken & Rice Soup w/ Mixed Veggies, Saltines, Fruit, & Milk	Taco Salad w/ Beef, Beans, Tomatoes, & Cheese, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk
PM Snack	Jell-O w/ Fruit	Bananas & Grahams	Oranges & Pretzels	Oreos & Milk	Celery & Wow! Butter
WEEK 4	19	20	21	22	23
Breakfast	Cream of Wheat, Fruit, & Milk	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Egg Cups, Fruit, & Milk
AM Snack	Ham & Crackers	Tortillas & Cheese	Fresh Berries & Grahams	Strawberry Yogurt & Animal Crackers	Carrot Sticks & Ranch
LUNCH	Meatballs, Gravy, Mashed Potatoes, Fruit, & Milk	Chicken Noodle Soup w/ Mixed Veggies, Fruit, Saltines, & Milk	Cajun Sausage & Red Bean Soup w/ Rice, Saltines, Fruit, & Milk	Italian Pasta Salad w/ Ham, Spinach, Tomatoes, Parmesan, Pineapple, & Milk	Sloppy Joes, Pickles, Chips, Fruit, & Milk
PM Snack	Bananas & Vanilla Wafers	Pudding & Animal Crackers	Oranges & Pretzels	Banana Bread & Milk	Cucumbers & Townhouse Crackers
WEEK 5	26	27	28	29	30
Breakfast	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Cinnamon Raisin Bagels & Milk	Waffles, Fruit, & Milk
AM Snack	Applesauce & Grahams	Goldfish & Juice	Tortillas & Jelly	Cucumbers & Ranch	Yogurt & Blueberries
LUNCH	Cheesy Potato Soup w/ Ham, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Beef-a-Roni, Salad, Fruit, & Milk	Turkey & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Penne in Alfredo, Salad, Fruit, & Milk
PM Snack	Pretzels & Cheese	Jell-O w/ Fruit	Apples & Cheese	Celery & Wow! Butter	Oatmeal Cookies & Milk