



Covenant School of Rio Rancho- May 2021 Menu

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WEEK 1					
Breakfast	Blueberry Oatmeal & Milk	Cereal, Fruit, & Milk	English Muffins, Jelly, & Milk	Waffles, Blueberries, & Milk	French Toast Sticks, Fruit, & Milk
AM Snack	Pretzels & Cheese	Animal Crackers & Bananas	Oranges & Crackers		Yogurt & Blueberries
LUNCH	Italian Pasta Salad w/Ham, Spinach, Tomatoes and Parmesan, Oranges & Milk	Chicken & Rice Casserole with Vegetables, Fruit, & Milk	Creamy White Bean Chile Soup, Corn, Pineapple, & Milk	Macaroni and Cheese with Peas, Fruit, & Milk	Turkey Sandwiches, Salad, Peaches, & Milk
PM Snack	Jell-O & Fruit	Orange Juice & Goldfish	Berries & Animal Crackers	Cucumbers & Saltines	Pretzels & Cheese
WEEK 2					
	10	11	12	13	14
Breakfast	English Muffins, Jelly, & Milk	Blueberry Muffins & Milk	Cereal, Fruit, & Milk	Waffles, Blueberries, & Milk	Buttermilk Biscuits , Jelly, Fruit, & Milk
AM Snack	Orange Juice & Pretzels	Applesauce & Saltines	Animal Crackers & Bananas	Yogurt & Graham Crackers	Animal Crackers & Fruit
LUNCH	Chicken Fajitas (Chicken, Onions, and Bell Peppers), Tomatoes, Cheese, & Milk	Ham Sandwiches, Pickles, Chips, Peaches, & Milk	Taco Salad (Tortilla Chips, Lettuce, Beans, Tomatoes), Fruit, & Milk	Tater-Tot Casserole with Beef, Cheese, and Mixed Vegetables, Peaches, & Milk	Red Chile Enchiladas, Salad, Pineapple, & Milk
PM Snack	Cheese & Tortillas	Jell-O & Fruit	Pretzels & Cheese	Saltines & Cheese	Marshmallows & Pretzels
WEEK 3					
	17	18	19	20	21
Breakfast	Cream of Wheat, Fruit, & Milk	Toast with Jelly & Milk	Cereal, Fruit, & Milk	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk
AM Snack	Saltines & Ham	Goldfish & Juice	Crackers & Cheese	Carrot Sticks & Ranch	Yogurt & Animal crackers
LUNCH	Barley & Vegetable Soup, Saltines, Pineapple, & Milk	Salami Sandwiches, Pickles, Peaches, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	Mini Pizzas , Fruit, & Milk
PM Snack	Jell-O & Fruit	Pretzels & Cheese	Oreos & Fruit	Oranges & Crackers	Bananas & Graham Crackers
WEEK 4					
	24	25	26	27	28
Breakfast	Cinnamon Raisin Bagels & Milk	Waffles, Fruit, & Milk	Cereal, Fruit, & Milk	Blueberry Muffins & Milk	French Toast Sticks, Fruit, & Milk
AM Snack	Animal Crackers & Fruit	Salami & Crackers	Apples & Pretzels	Berries & Crackers	Yogurt & Pretzels
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Bean Soft Tacos, Corn, Peaches, & Milk	Chicken & Rice Soup with Mixed Veggies, Fruit, & Milk	Penne Pasta Alfredo, Peas, Fruit, & Milk	Hamburgers , Chips, Pickles, Peaches, & Milk
PM Snack	Marshmallows & Pretzels	Jell-O & Fruit	Oranges & Vanilla Wafers	Carrot Sticks & Ranch	Vanilla Pudding & Oranges
WEEK 5					
	31				
Breakfast	Closed for Memorial Day!				
AM Snack					
LUNCH					
PM Snack					
			National Holidays:		
			4th: Orange Juice Day 14th: Buttermilk Biscuit Day 21st: Pizza Party Day 28th: Hamburger Day		