



Covenant School of Rio Rancho June 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Egg Cups , Fruit, & Milk	Blueberry Oatmeal & Milk
AM Snack		Goldfish & Juice	Pretzels & Fruit	Carrot Sticks & Ranch	Sliced Cheese & Crackers
LUNCH		Tricolor Rotini with Sausage in Red Sauce, Fruit, & Milk	Cheesy Broccoli Soup with Chicken & Rice, Fruit, & Milk	Meatball Sandwiches, Salad, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk
PM Snack		Blueberries & Graham Crackers	Bananas & Animal Crackers	Yogurt & Graham Crackers	Pretzels & Marshmallows
WEEK 2	7	8	9	10	11
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Bagels, Cream Cheese, Jelly & Milk	Blueberry Muffins & Milk	Cinnamon Toast, Fruit, & Milk
AM Snack	Goldfish & Juice	Sliced Oranges & Pretzels	Applesauce & Graham Crackers	Vegetable Egg Rolls	Celery Sticks & Ranch
LUNCH	Salami Sandwiches, Pickles, Chips, Fruit, & Milk	Italian Pasta Salad w/ Ham, Cheese, Spinach, & Tomatoes, Fruit, & Milk	Hamburger Tater-Tot Casserole w/ Mixed Veggies, Fruit, & Milk	Barley & Vegetable Soup, Fruit, & Milk	Bean & Cheese Soft Tacos, Corn, Fruit, & Milk
PM Snack	Chocolate Ice Cream & Bananas	Berries & Animal Crackers	Cucumbers & Crackers	Cheese & Crackers	Yogurt & Pretzels
WEEK 3	14	15	16	17	18
Breakfast	Cinnamon Raisin Bagels & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Juice & Goldfish	Lunchmeat & Crackers	Cheese & Pretzels	Broccoli & Cauliflower	Yogurt & Animal Crackers
LUNCH	Bologna Sandwiches, Celery Sticks, Fruit, & Milk	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Taco Salad w/ Beef, Beans, Cheese, Tomatoes, & Tortilla Chips, Fruit, & Milk	Elbow Pasta in Marinara, Salad, Fruit, & Milk
PM Snack	Jell-O w/ Fruit	Applesauce & Animal Crackers	Sliced Oranges & Grahams	Cucumbers & Crackers	Bananas & Vanilla Wafers
WEEK 4	21	22	23	24	25
Breakfast	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Toast, Jelly, & Milk	Waffles, Fruit, & Milk	Strawberry Parfaits & Milk
AM Snack	Applesauce & Grahams	Goldfish & Juice	Tortillas & Cheese	Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Frito Pie, Fruit, & Milk	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Mac 'N Cheese w/ Peas, Fruit, & Milk	Sloppy Joes, Pickles, Chips, Fruit, & Milk
PM Snack	Popsicles & Crackers	Jell-O w/ Fruit	Oatmeal Cookies & Milk	Bananas & Animal Crackers	Marshmallows & Grahams
WEEK 5	28	29	30		
Breakfast	Biscuits, Gravy, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	National Holidays:	
AM Snack	Tortillas & Cheese	Goldfish & Juice	Cucumbers & Ranch	3rd: Egg Day! 4th: Cheese Day!	
LUNCH	Chicken Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Loaded Baked Potato Casserole, Fruit, & Milk	Chef Salad w/ Cheese & Croutons, Fruit, & Milk	7th: Chocolate Ice Cream Day 10th: Egg Roll Day	
PM Snack	Apples & Grahams	Pudding & Pretzels	Vanilla Wafers & Berries	17th: Eat Your Vegetables Day! 25th: Strawberry Parfait Day!	