



Covenant School of Rio Rancho June 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		English Muffins & Jelly	Cereal & Bananas	<u>Egg Cups</u>	Blueberry Oatmeal
AM Snack		Goldfish	Fresh Fruit	Carrot Sticks	<u>Sliced Cheese</u> & 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		Graham Crackers	Animal Crackers	Bananas	Pretzels & Marshmallows
WEEK 2	7	8	9	10	11
Breakfast	Waffles	Cereal & Bananas	Bagels & Cream Cheese	Blueberry Muffins	Cinnamon Toast
AM Snack	Goldfish	Sliced Oranges	Applesauce	<u>Vegetable Egg Rolls</u>	Celery Sticks
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	<u>Chocolate Ice Cream</u> & Bananas	Berries	Cucumbers	Crackers	Pretzels
WEEK 3	14	15	16	17	18
Breakfast	Cinnamon Raisin Bagels	Blueberry Oatmeal	Cereal & Bananas	French Toast Sticks	Egg Cups
AM Snack	Juice	Crackers	Pretzels	<u>Broccoli & Cauliflower</u>	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	Applesauce	Oranges	Cucumbers	Bananas
WEEK 4	21	22	23	24	25
Breakfast	Cereal & Bananas	Blueberry Muffins	Toast & Jelly	Waffles	<u>Strawberry Parfaits</u>
AM Snack	Applesauce	Goldfish	Tortillas	Yogurt & Blueberries	Carrot Sticks
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	Jell-O	Oatmeal Cookies	Bananas	Marshmallows
WEEK 5	28	29	30		
Breakfast	Biscuits & Gravy	Bagels with Jelly	Cereal & Bananas	National Holidays:	
AM Snack	Tortillas	Goldfish	Cucumbers	3rd: <u>Egg Day!</u> 4th: <u>Cheese Day!</u>	
LUNCH	Chicken Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Loaded Baked Potato Casserole, Fruit, & Milk	Chef Salad w/ Cheese & Croutons, Fruit, & Milk	7th: <u>Chocolate Ice Cream Day</u> 10th: <u>Egg Roll Day</u>	
PM Snack	Apples	Pudding	Berries	17th: <u>Eat Your Vegetables Day!</u> 25th: <u>Strawberry Parfait Day!</u>	