



Covenant Schools of Rio Rancho August 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	2	3	4	5	6
<i>Breakfast</i>	Toast, Jelly, & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Cream of Wheat, Fruit, & Milk	English Muffins, Jelly, & Milk
<i>AM Snack</i>	Goldfish & Juice	Cheese & Pretzels	Oranges & Grahams	Carrot Sticks & Ranch	Yogurt & Berries
<i>LUNCH</i>	Ham & Cheese Sandwiches , Chips, Pickles, Fruit, & Milk	Teriyaki Chicken w/ Broccoli & Rice, Pineapple, & Milk	Chicken Noodle Soup with Vegetables, Saltines, & Milk	Beef-A-Roni, Fruit, Salad, & Milk	Mini Pizzas, Salad, Fruit, & Milk
<i>PM Snack</i>	*Ice Cream Sandwiches	*Watermelon & Saltines	*Chocolate Chip Cookies & Milk	Cucumbers & Crackers	Oranges & Grahams
WEEK 2	9	10	11	12	13
<i>Breakfast</i>	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cinnamon Toast, Fruit, & Milk	Pancakes, Fruit, & Milk
<i>AM Snack</i>	Cheese & Crackers	Juice & Goldfish	Lunch Meat & Crackers	Celery & Ranch	Pretzels & Yogurt
<i>LUNCH</i>	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Turkey Sandwiches , Chips, Pickles, Fruit, & Milk	Bean & Cheese Tacos, Corn, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk	Hamburger Vegetable Soup w/ Rice, Saltines, Fruit, & Milk
<i>PM Snack</i>	Jell-O w/ Fruit	Bananas & Animal Crackers	Oranges & Pretzels	Berries & Animal Crackers	Marshmallows & Grahams
WEEK 3	16	17	18	19	20
<i>Breakfast</i>	French Toast Sticks, Fruit, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Egg Cups, Fruit, & Milk
<i>AM Snack</i>	Goldfish & Juice	Applesauce & Crackers	Berries & Animal Crackers	Cucumbers & Saltines	Yogurt & Grahams
<i>LUNCH</i>	Mixed Bean Soup w/ Rice & Veggies, Tortillas, Fruit, & Milk	Salami Sandwiches , Carrot Sticks, Pickles, Fruit, & Milk	*Chicken Fajitas w/ Onions, Peppers, Cheese, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Taco Salad w/ Beef & Beans, Fruit, & Milk
<i>PM Snack</i>	Pretzels & Pudding	Cheese & Crackers	Oranges & Pretzels	Bananas & Vanilla Wafers	Fruit Slush Cups
WEEK 4	23	24	25	26	27
<i>Breakfast</i>	Cereal, Bananas, & Milk	*Waffles , Fruit, & Milk	Blueberry Muffins & Milk	Biscuits, Jelly, & Milk	Egg Cups, Fruit, & Milk
<i>AM Snack</i>	Carrot Sticks & Ranch	Tortillas & Cheese	Goldfish & Juice	Fresh Berries & Graham Crackers	Yogurt & Animal Crackers
<i>LUNCH</i>	Bologna Sandwiches , Chips, Pickles, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Penne in Spinach & Sausage Alfredo, Fruit, & Milk	Italian Pasta Salad w/ Ham, Cheese, Spinach, & Tomatoes, Pineapple, & Milk	Tater-Tot Casserole w/ Mixed Veggies, Fruit, & Milk
<i>PM Snack</i>	Jell-O w/ Fruit	Berries & Animal Crackers	Oranges & Crackers	*Cherry Popsicles & Saltines	Bananas & Grahams
WEEK 5	30	31			
<i>Breakfast</i>	Cereal, Bananas, & Milk	Breakfast Casserole, Fruit, & Milk			
<i>AM Snack</i>	Goldfish & Oranges	Pretzels & Cheese			
<i>LUNCH</i>	Barley Vegetable Soup, Saltines, Fruit, & Milk	Sloppy Joes, Pickles, Chips, Fruit, & Milk			
<i>PM Snack</i>	Marshmallows & Grahams	*Trail Mix & Juice			
National Holidays: Sandwich Month! August 2 nd : Ice Cream Sandwich Day August 3 rd : Watermelon Day August 4 th : Chocolate Chip Cookie Day August 18 th : Fajita Day! August 24 th : Waffle Day August 26 th : Cherry Popsicle Day August 31 st : Trail Mix Day					