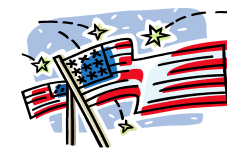


Covenant Schools of Rio Rancho July 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				1	2
Breakfast	Special Days: <u>July 12th Eat Your Jello Day</u>			Toast with Jelly & Milk	French Toast Sticks, Bananas, & Milk
AM Snack	<u>July 14th Mac N Cheese Day</u> <u>July 23rd Vanilla Ice Cream Day</u>			Yogurt & Animal Crackers	Cheese & Crackers
LUNCH	<u>July 29th Lasagna Day</u>			Bologna Sandwiches, Chips, Pickles, & Milk	Cajun Sausage and Red Bean Soup, Rice, Fruit, & Milk
PM Snack				Carrot Sticks & Crackers	Pretzels & Marshmallows
WEEK 2	5	6	7	8	9
Breakfast	Closed for Independence Day!	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Pancakes, Fruit, & Milk
AM Snack		Goldfish & Juice	Fresh Fruit & Pretzels	Fresh Vegetables & Ranch	Yogurt & Graham Crackers
LUNCH		Turkey & Cheese Sandwiches, Carrot Sticks, & Milk	Bean & Cheese Tacos, Corn, Fruit, & Milk	Penne Pasta in Alfredo Sauce, Salad, Fruit, & Milk	Frito Pie, Salad, Fruit, & Milk
PM Snack		Chocolate Pudding & Graham Crackers	Cucumbers & Crackers	Cheese & Crackers	Fruit Slush Cups
WEEK 3	12	13	14	15	16
Breakfast	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk	Egg Cups, Fruit, & Milk
AM Snack	Juice & Goldfish	Applesauce & Animal Crackers	Lunchmeat & Crackers	Carrot Sticks & Ranch	Cucumbers & Ranch
LUNCH	Meatball Sandwiches, Chips, Fruit, & Milk	Ham & Cheese Sandwiches, Carrot Sticks, Fruit, & Milk	Macaroni & Cheese with Peas, Fruit, & Milk	Barley Vegetable Soup, Crackers, Fruit, & Milk	Tater Tot Casserole with Veggies, Fruit, & Milk
PM Snack	Jell-O with Fruit	Cheese & Pretzels	Sliced Oranges & Graham Crackers	Pretzels & Marshmallows	Yogurt & Fruit
WEEK 4	19	20	21	22	23
Breakfast	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	English Muffins, Jelly, & Milk	Peaches & Cream Oatmeal and Milk	Biscuits & Gravy, Fruit, & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Oranges & Pretzels	Yogurt & Animal Crackers	Celery Sticks & Ranch
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Salami Sandwiches, Chips, Pickles, Fruit, & Milk	Frijoles y Queso (Bean and Cheese Bowls), Corn, Tortillas, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	Taco Salad (Beef, Beans, Tomatoes, & Cheese), Fruit, & Milk
PM Snack	Bananas & Vanilla Wafers	Jell-O with Fruit	Apples & Graham Crackers	Oatmeal Cookies & Milk	Vanilla Ice Cream & Fruit
WEEK 5	26	27	28	29	30
Breakfast	Blueberry Muffins & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Fruit, & Milk	French Toast Sticks, Fruit, & Milk
AM Snack	Juice & Goldfish	Tortillas & Cheese	Carrot Sticks & Ranch	Yogurt & Pretzels	Cucumbers & Ranch
LUNCH	Chicken Fajitas with Onions, Peppers, Sour Cream, Cheese, Pineapple, & Milk	Meatballs, Brown Gravy, Mashed Potatoes, Fruit, & Milk	Chicken & Rice Casserole with Mixed Vegetables, Fruit, & Milk	Taco Lasagna (Beef, Beans, Flour Tortillas, Cheese, & Tomatoes), Fruit, & Milk	Chicken & Rice Soup with Vegetables, Saltines, Fruit, & Milk
PM Snack	Jell-O with Fruit	Berries & Vanilla Wafers	Marshmallows & Graham Crackers	Bananas & Animal Crackers	Popsicles & Crackers