



Covenant Schools of Rio Rancho September 2021 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Special Days		1	2	3
Breakfast	7th: Salami Day! 15th Linguine Day! 20th: String Cheese Day! 20th: Pepperoni Pizza Day!		Blueberry Waffles & Milk	Bagels, Jelly, & Milk	Blueberry Muffins & Milk
AM Snack			Tortillas & Cheese	Carrot Sticks & Ranch	Yogurt & Blueberries
LUNCH			Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Chicken Noodle Soup with Mixed Vegetables, Fruit, & Milk	Ham Sandwiches, Fruit, Chips, & Milk
PM Snack			Berries & Graham Crackers	Marshmallows & Pretzels	Sliced Oranges & Animal Crackers
WEEK 2	6	7	8	9	10
Breakfast	CLOSED FOR LABOR DAY!!! 	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Cream of Wheat, Fruit & Milk	Biscuits, Jelly, & Milk
AM Snack		Pretzels & Cheese	Applesauce & Crackers	Cucumbers & Ranch	Yogurt & Animal Crackers
LUNCH		Salami Sandwiches , Carrot Sticks, Pickles, Fruit & Milk	Cajun Sausage Soup with Red Beans & Rice, Saltines, Fruit, & Milk	Bean & Cheese Tacos, Corn, & Milk	Macaroni & Cheese, Peas, Fruit, & Milk
PM Snack		Chips & Salsa	Sliced Oranges & Pretzels	Bananas & Graham Crackers	Cookies & Milk
WEEK 3	13	14	15	16	17
Breakfast	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Cinnamon Toast, Fruit, & Milk	Bagels, Cream Cheese, & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Fresh Berries & Crackers	Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH	Turkey Sandwiches, Sandwiches, Pickles, Carrot Sticks & Milk	Penne in Creamy Spinach Sauce, Fruit, & Milk	Linguine in Marinara Sauce with Mozzarella, Fruit, & Milk	Hardboiled Eggs, Dolmas, Pita Bread, Fruit, & Milk	Taco Salad with Beef, Beans, & Cheese, Fruit, & Milk
PM Snack	Fig Newtons	Jell-O with Fruit	Vanilla Wafers & Milk	Bananas & Animal Crackers	Popsicles
WEEK 4	20	21	22	23	24
Breakfast	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Whole Grain Chocolate Muffins, Fruit, & Milk	Yogurt Parfaits & Milk	Egg Cups, Fruit, & Milk
AM Snack	Goldfish & Juice	Cheese & Crackers	Cherry Apple Crunch Bars	Celery Sticks & Ranch	Juice & Graham Crackers
LUNCH	Mini Pizzas with Pepperoni , Salad, Fruit, & Milk	Italian Pasta Salad with Spinach, Tomatoes, Ham, & Cheese, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Spaghetti in Meat Sauce, Fruit, & Milk	Chicken & Rice Soup with Mixed Vegetables, Fruit, & Milk
PM Snack	String Cheese	Pretzels & Pudding	Oranges & Graham Crackers	Cookies & Milk	Bananas & Vanilla Wafers
WEEK 5	27	28	29	30	
Breakfast	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Waffles, Fruit, & Milk	
AM Snack	Carrot Sticks & Ranch	Tortillas & Cheese	Fresh Berries & Goldfish	Carrot Sticks & Ranch	
LUNCH	Hamburger Steak with Gravy, Mashed Potatoes, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Pineapple, & Milk	Pork & Root Vegetable Stew, Saltines, Fruit, & Milk	Tater-tot Casserole with Mixed Vegetables, Fruit, & Milk	
PM Snack	Rice Cakes	Jell-O with Fruit	Yogurt & Berries	Cucumbers & Saltines	