



# Covenant Schools of Rio Rancho December 2021 Menu



|               | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|---------------|--|--|--|---|---|
| <b>WEEK 1</b> | <b>National Holidays:</b>  |  | <b>1</b>   | <b>2</b>  | <b>3</b>  |
| Breakfast     | <b>1<sup>st</sup>: Red Apple Day</b>                               |  | French Toast Sticks, Fruit, & Milk                       | Cereal, Bananas, & Milk                                 | Biscuits, Jelly, & Milk   |
| AM Snack      | <b>8<sup>th</sup>: Brownie Day</b>                                 |  | Applesauce & Saltines                                    | Yogurt & Graham Crackers                                | Carrot Sticks & Ranch   |
| LUNCH         | <b>17<sup>th</sup>: Maple Syrup Day</b>                            |  | Turkey & Cheese Sandwiches, Chips, Pickles, Fruit & Milk | Beef & Barley Stew with Mixed Vegetables, Fruit, & Milk | Tomato Soup with Noodles, Saltines, Fruit, & Milk               |
| PM Snack      | <b>30<sup>th</sup>: Bacon Day</b>                                  |  | <b>Red Apples</b> & Pretzels                             | Fresh Fruit & Pretzels                                  | Oreo <b>Cookies</b> & Milk                                      |
| <b>WEEK 2</b> | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>   |
| Breakfast     | Waffles, Fruit, & Milk   | Cereal, Bananas, & Milk  | Blueberry Muffins & Milk                                 | Bagels, Jelly, & Milk                                   | Egg Cups, Fruit, & Milk   |
| AM Snack      | Cheese & Crackers  | Oranges & Pretzels   | Juice & Goldfish   | Yogurt & Animal Crackers                                | Celery & Ranch  |
| LUNCH         | Hamburger Tater-Tot Casserole with Mixed Vegetables, Fruit, & Milk | Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & Milk | Meatballs, Mashed Potatoes, Fruit, & Milk                | Pork Posole, Tortillas, Fruit, & Milk                   | Ham & Cheese Sandwiches, Pickles, Fruit, & Milk                 |
| PM Snack      | Oranges & Animal Crackers  | Fresh Fruit & Graham Crackers                                      | <b>Brownies</b> & Milk                                   | Cucumbers & Saltines                                    | Bananas & Vanilla Wafers  |
| <b>WEEK 3</b> | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>   |
| Breakfast     | English Muffins, Jelly, & Milk                                     | Blueberry Oatmeal & Milk   | Cereal, Bananas, & Milk                                  | Biscuits, Jelly & Milk                                  | Mini French Toast with <b>Maple Syrup</b> , Fruit, & Milk       |
| AM Snack      | Goldfish & Juice   | Ham & Townhouse Crackers   | String Cheese & Saltines                                 | Yogurt & Blueberries                                    | Carrot Sticks & Ranch   |
| LUNCH         | Macaroni & Cheese with Peas, Fruit, & Milk                         | Teriyaki Chicken with Rice, Broccoli, Fruit, & Milk                | Tuna Noodle Casserole with Peas, Fruit, & Milk           | Spaghetti with Meat Sauce, Fruit, & Milk                | Sloppy Joes, Pickles, Chips, Fruit, & Milk                      |
| PM Snack      | Jell-O with Fruit  | String Cheese & Pretzels   | Oranges & Animal Crackers                                | Cherry Apple Oatmeal Bars                               | Applesauce Cake   |
| <b>WEEK 4</b> | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>   |
| Breakfast     | Cereal, Bananas, & Milk  | Bagels, Jelly, & Milk  | Hardboiled Eggs, Fruit, & Milk                           | Blueberry Muffins & Milk                                | <b>Closed</b>   |
| AM Snack      | Cheese & Crackers  | Bananas & Graham Crackers  | Goldfish & Juice   | Goldfish & Juice  | <b>For</b>  |
| Lunch         | Chicken Nuggets, Mashed Potatoes, Fruit, & Milk                    | Bean & Cheese Tacos, Corn, Fruit, & Milk                           | Hawaiian Shredded Pork, Rice, Pineapple, & Milk          | Hamburger Vegetable Soup, Saltines, Fruit, & Milk       | <b>Christmas!</b>   |
| PM Snack      | Pudding & Pretzels   | Jell-O with Fruit  | Holiday Cookies & Milk                                   | Bananas & Animal Crackers                               |   |
| <b>WEEK 5</b> | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>   |
| Breakfast     | <b>Closed</b>  | Hardboiled Eggs, Fruits, & Milk                                    | Yogurt Parfaits with Blueberries, Cheerios, & Milk       | Blueberry Oatmeal & Milk                                | Cereal, Bananas, & Milk   |
| AM Snack      | <b>For</b>   | Oranges & Pretzels   | Applesauce & Graham Crackers                             | Chips & Salsa   | Carrot Sticks & Ranch   |
| LUNCH         | <b>Christmas!</b>  | Green Chile Hamburger Stew, Tortillas, Fruit, & Milk               | Meatball Sandwiches, Salad, Fruit, & Milk                | Cheesy Potato Soup with <b>Bacon</b> , Fruit, & Milk    | Pineapple Glazed Ham, Mashed Potatoes, Rolls, Pineapple, & Milk |
| PM Snack      |  | String Cheese & Pretzels   | Cheese & Crackers  | Bananas & Animal Crackers                               | Pretzels & Marshmallows   |