



Covenant Schools of Rio Rancho March 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays!	1	2	3	4
Breakfast	3rd: Cold Cuts Day	Cereal, Fruit, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Pancakes, Blueberries, & Milk
AM Snack	9th: Meatball Day	Goldfish & Juice	Yogurt & Graham Crackers	Tortillas & Jelly	Carrots & Ranch
LUNCH	18th: Sloppy Joe Day 23rd: Chips and Dip Day	Macaroni and Cheese with Peas, Fruit, & Milk	Chicken Vegetable Soup with Rice, Fruit, & Milk	Salami & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk	Mixed Bean Soup, Tortillas, Fruit, & Milk
PM Snack	31st: Tater Day	String Cheese	Cucumber & Crackers	Apples & Cheese	Oreo Cookies & Milk
WEEK 2	7	8	9	10	11
Breakfast	Waffles, Fruit, & Milk	Bagels, Jelly, & Milk	Cereal, Bananas, & Milk	Cinnamon Toast, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Goldfish & Juice	Crackers & Ham	Townhouse Crackers & Cheese	Yogurt & Blueberries	Cucumbers & Ranch
LUNCH	Vegetable Barley Stew, Saltines, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Meatballs , Mashed Potatoes, Gravy, Fruit, & Milk	Penne Pasta in Marinara, Salad, Fruit, & Milk	Bean & Cheese Tacos, Salad, Fruit, & Milk
PM Snack	Jell-O with Fruit	Fresh Broccoli & Ranch	Pretzels & Wow Butter	Carrot Sticks & Pretzels	Bananas & Vanilla Wafers
WEEK 3	14	15	16	17	18
Breakfast	Yogurt Parfaits w/ Blueberries, Cheerios, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Biscuits, Jelly, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Tortillas & Cheese	Goldfish & Juice	Applesauce & Pretzels	Strawberry Yogurt & Grahams	Carrot Sticks & Ranch
LUNCH	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Zuppa Toscana (Sausage, Kale, Potato, & Cream Soup) Fruit & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Chicken Nuggets, Salad, Fruit, & Milk	Sloppy Joes , Chips, Pickles, Fruit, & Milk
PM Snack	Pretzels & Marshmallows	Berries & Graham Crackers	Oranges & Animal Crackers	Oreos & Milk	Cucumbers & Crackers
WEEK 4	21	22	23	24	25
Breakfast	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Waffles, Fruit, & Milk	Egg Cups, Fruit, & Milk
AM Snack	Goldfish & Juice	Fresh Berries & Grahams	Bananas & Animal Crackers	Vanilla Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Tomato Noodle Soup, Fruit, & Milk	Chicken & Rice Casserole with Vegetables, Fruit, & Milk	Beef-a-Roni, Salad, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Mini Pizzas, Salad, Fruit & Milk
PM Snack	Bananas & Animal Crackers	Jell-O & Fruit	Chips and Salsa	Celery Sticks & Cream Cheese	Pretzels & Fruit Rollups
WEEK 5	28	29	30	31	
Breakfast	Assorted Muffins, Fruit, & Milk	Bagels, Jelly, & Milk	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	<div data-bbox="1717 1258 2087 1572" data-label="Complex-Block"> <p>Matthew 28:19</p>  <p>Therefore go, and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit.</p> </div>
AM Snack	Tortillas & Jelly	Goldfish & Juice	Fresh Berries & Animal Crackers	Turkey & Crackers	
LUNCH	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Chicken Noodle Soup w/ Mixed Veggies, Fruit, & Milk	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk	Tater-Tot Casserole (Chicken Broccoli, & Cheese), Fruit, & Milk	
PM Snack	Bananas & Vanilla Wafers	Pudding & Pretzels	String Cheese	Oranges & Animal Crackers	