



Covenant School of Rio Rancho June 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			1	2	3
Breakfast			Cereal, bananas & milk	English muffins with jelly & Milk	<u>Hard Boiled Eggs, Cheese Cubes, Fruit & Milk</u>
AM Snack			Crackers & Salami	Yogurt & Blueberries	Carrot sticks & Hummus
LUNCH			Penne pasta in marinara, Salad, Fruit & Milk	Chef salad with ham, cheese, and croutons Fruit & Milk	Ham & Cheese Sandwiches with chips, pickles, fruit & milk
PM Snack			<u>Olives & Pretzel Sticks</u>	Oranges & Animal crackers	Marshmallows & Grahams
WEEK 2	6	7	8	9	10
Breakfast	Cereal, Bananas & Milk	Waffles, Fruit & Milk	Cream of Wheat, Fruit & Milk	Assorted Muffins & Milk	Blueberry Bagels & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	String Cheese	Carrot Sticks & Ranch	<u>Pork and Veggie Eggrolls</u>
LUNCH	Hamburgers with Pickles and Chips, Fruit & Milk	Italian Pasta Salad with ham, cheese, spinach, and tomatoes, Fruit & Milk	Frito Pie with Fruit & Milk	Tricolor Rotini with sausage in red sauce, Fruit & Milk	Chicken & Rice soup with mixed veggies, Fruit & Milk
PM Snack	Tortillas & Jelly	<u>Chocolate Ice cream Cups</u>	Oranges & Pretzels	Oreo's & Milk	Bananas & Vanilla Wafers
WEEK 3	13	14	15	16	17
Breakfast	Biscuits with Jelly & Milk	Cereal, Bananas & Milk	Oatmeal, Fruit & Milk	Cinnamon Raisin Bagels & Milk	Waffles, Fruit & Milk
AM Snack	Goldfish & Juice	Pretzels & Cheese	Applesauce & Crackers	Cucumbers & Hummus	Strawberry Yogurt
LUNCH	Turkey sandwiches with Pickles and Chips, Fruit & Milk	Tater tot casserole with ground beef and mixed veggies, Fruit & Milk	Spaghetti in marinara with Salad, Fruit & Milk	Taco Salad with beef, beans, cheese, and tomatoes, Fruit & Milk	Chicken nuggets with Mashed Potatoes, Fruit & Milk
PM Snack	Berries & Animal Crackers	Pudding and Grahams	Oranges & Goldfish	Bananas & Grahams	Pretzels & Marshmallows
WEEK 4	20	21	22	23	24
Breakfast	Doughnuts, Fruit & Milk	Blueberry muffins & Milk	Cereal, Bananas & Milk	Blueberry Yogurt Parfaits & Milk	Biscuits with Jelly & Milk
AM Snack	Juice & Grahams	Goldfish & Berries	Berries & Pretzels	Carrot Sticks & Ranch	Cream Cheese & Pretzels
LUNCH	Red Chile Beef Enchiladas with Corn, Fruit & Milk	Salami sandwiches with Pickles and Chips, Fruit & Milk	Macaroni and Cheese with Peas, Fruit & Milk	Chicken noodle soup with mixed veggies, Saltines, Fruit & Milk	Bean and Cheese Tacos with corn, Fruit & Milk
PM Snack	Animal Crackers, Bananas & Milk	Cheese & Crackers	Oatmeal cookies & Milk	Pudding & Grahams	Fruit Popsicles
WEEK 5	27	28	29	30	National Holidays:
Breakfast	Cereal, Bananas & Milk	Waffles, Fruit & Milk	Blueberry Bagels & Milk	English Muffins with Jelly & Milk	<u>1st: National Olive Day</u>
AM Snack	Cheese & Crackers	Pretzels & Juice	Lunch Meat & Crackers	Cucumbers & Ranch	<u>3rd: National Egg Day</u>
LUNCH	Chicken and Rice Casserole with mixed veggies, Fruit & Milk	Meatballs in gravy and Mashed Potatoes, Fruit & Milk	Sloppy Joes with Pickles, Chips, Fruit & Milk	Hamburger Vegetable Soup with Rice, Fruit & Milk	<u>7th: National Chocolate Ice cream Day</u>
PM Snack	Berries & Grahams	String Cheese	Oreo's & Milk	Apples & Cheese	<u>10th: National Egg roll Day</u>