



Covenant Schools of Rio Rancho August 2022 Menu



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
WEEK 1	1	2	3	4	5
<i>Breakfast</i>	Toast, Jelly, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Blueberry Bagels, Cream Cheese, & Milk	Egg Cups, Fruit, & Milk
<i>AM Snack</i>	Goldfish & Juice	Tortillas & Cheese	Olives & Pretzels	Carrot Sticks & Ranch	Yogurt & Berries
<i>LUNCH</i>	Ham & Cheese Sandwiches, Chips, Pickles, Fruit, & Milk	Meatballs, Mashed Potatoes w/ Brown Gravy, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit, & Milk	Taco Salad w/ Beef & Beans, Fruit, & Milk	Chicken Alfredo Pasta, Salad, Fruit, & Milk
<i>PM Snack</i>	Oranges & Saltines	Granola Bars	<u>Watermelon</u> & Grahams	Oranges & Animal Crackers	Apples & Cheese
WEEK 2	8	9	10	11	12
<i>Breakfast</i>	Waffles, Fruit, & Milk	Assorted Muffins & Milk	Cereal, Bananas, & Milk	Cinnamon Raisin Bagels & Milk	Pancakes, Fruit, & Milk
<i>AM Snack</i>	Cheese & Crackers	Tortillas & Jelly	Applesauce & Grahams	Strawberry Yogurt	Hummus & Pita Bread
<i>LUNCH</i>	Hamburger Veggie Soup w/ Rice, Fruit, & Milk	Tuna Salad Sandwiches, Pickles, Chips, Fruit, & Milk	Italian Pasta Salad w/ Ham, Spinach, Tomatoes, & Cheese, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, Fruit, & Milk	Chef Salad w/ Ham, Cheese, Croutons, & Hard Boiled Egg, Fruit, & Milk
<i>PM Snack</i>	Banana Bread	Fig Newtons	Oranges & Pretzels	Cucumbers & Ranch	Cereal Bars
WEEK 3	15	16	17	18	19
<i>Breakfast</i>	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Hard Boiled Eggs, Toast, & Milk	Assorted Muffins & Milk
<i>AM Snack</i>	Hard Boiled Eggs & Pita Bread	Juice & Goldfish	Cheese & Crackers	Cucumbers & Hummus	Cheese & Crackers
<i>LUNCH</i>	Sloppy Joes, Chips, Pickles, Fruit, & Milk	Macaroni & Cheese w/ Peas, Fruit, & Milk	Salami Sandwiches, Pickles, Carrot Sticks, Fruit & Milk	<u>Chicken Fajitas</u> w/ Onions, Peppers, Sour Cream, & Cheese, Fruit, & Milk	<u>Tater-Tot</u> Casserole w/ Beef & Mixed Veggies, Fruit, & Milk
<i>PM Snack</i>	String Cheese	Berries & Animal Crackers	Oranges & Grahams	Lunchmeat & Crackers	Bananas & Vanilla Wafers
WEEK 4	22	23	24	25	26
<i>Breakfast</i>	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	<u>Waffles</u> , Blueberries, & Milk	Blueberry Muffins & Milk	French Toast Sticks, Fruit, & Milk
<i>AM Snack</i>	Goldfish & Juice	Olives & Pita	Cheese & Pretzels	Carrot Sticks & Ranch	Yogurt & Blueberries
<i>LUNCH</i>	Mini Corndogs, Mixed Veggies, Fruit, & Milk	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Chicken Noodle Soup, Saltines, Fruit, & Milk	Beef-A-Roni, Salad, Fruit, & Milk	Chicken & Craisin Salad, Pita Bread, Fruit, & Milk
<i>PM Snack</i>	Apples & Grahams	Fig Newtons	Granola Bars	Bananas & Animal Crackers	Oranges & Pretzels
WEEK 5	29	30	31	National Holidays: 3rd: Watermelon Day 18th: Fajita Day 19th: Potato Day 24th: Waffle Day	
<i>Breakfast</i>	Cream of Wheat, Fruit, & Milk	Banana Muffins & Milk	Cereal, Bananas, & Milk		
<i>AM Snack</i>	Applesauce & Grahams	Juice & Goldfish	Berries & Grahams		
<i>LUNCH</i>	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Bean & Cheese Tacos, Corn, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Chips, Fruit, & Milk		
<i>PM Snack</i>	String Cheese	Lunchmeat & Crackers	Bananas & Vanilla Wafers		