



Covenant Schools of Rio Rancho October 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	French Toast, Fruit, & Milk	Cinnamon Raisin Bagels, Cream Cheese, & Milk	Closed
AM Snack	Tortillas & Cheese	Goldfish & Juice	Carrot Sticks & Ranch	Cheese & Crackers	for
LUNCH	Penne in Alfredo with Peas, Fruit, & Milk	Bean & Cheese Tacos , Corn, Tomatoes, & Milk	Sloppy Joes, Chips, Pickles, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, Oranges, & Milk	Fall Break
PM Snack	Broccoli & Ranch	Oranges & Animal Crackers	Fruit & Saltines	Yogurt & Pretzels	Closed
WEEK 2	10	11	12	13	14
Breakfast	Assorted Muffins, Bananas, & Milk	Waffles, Fruit, & Milk	Oatmeal, Blueberries, & Milk	Hard Boiled Eggs, Berries, & Milk	Cinnamon Apple Muffins & Milk
AM Snack	Oranges & Animal Crackers	Animal Crackers & Juice	Granola Bars	Cherry-Apple Oatmeal Bars	Yogurt & Grahams
LUNCH	Hamburger Vegetable Soup with Rice, Fruit, & Milk	Sausage Mini Pizzas , Pineapples, Carrot Sticks, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Tater Tot Casserole with Mixed Vegetables, Fruit, & Milk	Ham Sandwiches, Pickles, Fruit, & Milk
PM Snack	Fig Newtons	Celery & Cream Cheese	String Cheese	Chips & Salsa	Cheese & Pretzels
WEEK 3	17	18	19	20	21
Breakfast	Biscuits, Jelly, & Milk	Cereal, Bananas, & Milk	Hard Boiled Eggs, Fruit, & Milk	Cinnamon Toast, Fruit, & Milk	Closed
AM Snack	Fresh Fruits & Pretzels	Apple Sauce & Crackers	Berries & Pretzels	Carrot Sticks & Ranch	For
LUNCH	Hamburgers, Pickles, Chips, Fruit, & Milk	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Tomato Soup with Chicken & Rice, Saltines, Fruit, & Milk	Macaroni & Cheese with Peas, Fruit, & Milk	In-Service
PM Snack	Cranberry Oatmeal Bars	Fig Newtons	Yogurt & Animal Crackers	String Cheese	Day
21	24	25	26	27	28
Breakfast	Blueberry Muffins & Milk	Yogurt Parfaits with Blueberries & Milk	Cereal, Bananas, & Milk	Egg Cups, Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Tortillas & Cheese	Goldfish & Juice	Blueberries & Grahams	Cheese & Crackers	Cucumbers & Townhouse Crackers
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Mixed Bean Soup with Veggies & Rice, Fruit, & Milk	Beef & Bean Taco Salad with Tomatoes & Sour Cream, Fruit, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Mini Corn Dogs, Pickles, Chips, Fruit, & Milk
PM Snack	Fresh Fruit & Pretzels	Olives & Cheese	Pumpkin Oatmeal Bars	Celery & Ranch	Bananas & Vanilla Wafers
WEEK 5	31	National Holidays:			
Breakfast	Cereal, Bananas, & Milk	4 th : Taco Day			
AM Snack	Yogurt & Blueberries	6 th : Noodle Day			
LUNCH	Cheesy Potato Soup with Bacon Bits, Fruit, & Milk	11 th : Sausage Pizza Day			
PM Snack	Fresh Fruit & Grahams	26 th : Pumpkin Day			

