



Covenant Schools of Rio Rancho September 2022 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Special Days			1	2
Breakfast	7th: Salami Day! 20th: String Cheese Day! 20th: Pepperoni Pizza Day! 26th: Pancake Day! 27th: Chocolate Milk Day!			Mini Waffles, Blueberries, & Milk	Hard-Boiled Eggs, Toast, & Milk
AM Snack				Hard-Boiled Eggs & Pita	Strawberry Yogurt
LUNCH				Meatballs, Mashed Potatoes, Fruit, & Milk	Beef and Potato Soft Tacos w/ Sour Cream & Cheese, Fruit, & Milk
PM Snack				Marshmallows & Pretzels	Lunch Meat & Crackers
WEEK 2	5	6	7	8	9
Breakfast	CLOSED FOR LABOR DAY!!! 	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Cream of Wheat, Fruit & Milk	Biscuits, Jelly, & Milk
AM Snack		Pretzels & Cheese	Applesauce & Crackers	Fresh Veggies & Ranch	Yogurt & Animal Crackers
LUNCH		Mini Corndogs, Mixed Veggies, Fruit, & Milk	Salami Sandwiches , Carrot Sticks, Pickles, Fruit & Milk	Bean & Cheese Tacos, Corn, & Milk	Macaroni & Cheese, Peas, Fruit, & Milk
PM Snack		Chips & Salsa	Sliced Oranges & Pretzels	Bananas & Graham Crackers	Cookies & Milk
WEEK 3	12	13	14	15	16
Breakfast	Cinnamon Raisin Bagels, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	Cinnamon Toast, Fruit, & Milk	Waffles, Fruit, & Milk
AM Snack	Cheese & Crackers	Goldfish & Juice	Fresh Berries & Crackers	Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH	Turkey Sandwiches, Sandwiches, Pickles, Carrot Sticks & Milk	Penne in Marinara, Bread Sticks, Fruit, & Milk	Teriyaki Beef, Broccoli, Rice, Pineapple, & Milk	Hard-Boiled Eggs, Dolmas, Pita Bread, Hummus, & Milk	Taco Salad with Beef, Beans, & Cheese, Fruit, & Milk
PM Snack	Fig Newtons	Tortilla & Jelly	Granola Bars	Bananas & Animal Crackers	Guacamole & Chips
WEEK 4	19	20	21	22	23
Breakfast	Cereal, Bananas, & Milk	Hard-Boiled Eggs, Fruit, & Milk	Whole Grain Chocolate Muffins & Milk	Yogurt Parfaits & Milk	Blueberry Oatmeal & Milk
AM Snack	Goldfish & Juice	Olives & Crackers	Pretzels & Sliced Cheese	Carrot Sticks & Hummus	Craisins & Crackers
LUNCH	Italian Pasta Salad with Spinach, Tomatoes, Ham, & Cheese, Fruit, & Milk	Mini Pizzas with Pepperoni , Salad, Fruit, & Milk	Green Chile Pork Stew, Tortillas, Fruit, & Milk	Tater-tot Casserole with Mixed Vegetables, Fruit, & Milk	Hamburger Steak w/ Gravy, Mashed Potatoes, Fruit, & Milk
PM Snack	Cherry Apple Crunch Bars	String Cheese	Oranges & Graham Crackers	Fig Newtons	Bananas & Vanilla Wafers
WEEK 5	26	27	28	29	30
Breakfast	Pancakes , Blueberries, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Bagels w/ Cream Cheese & Milk	Waffles, Fruit, & Milk
AM Snack	Cheese & Crackers	Tortillas & Jelly	Peach Yogurt	Carrot Sticks & Ranch	Tortillas & Cheese
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Cajun Sausage Red Bean & Rice Casserole, Fruit, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Spaghetti in Meat Sauce, Fruit, & Milk	Pork & Root Veggie Stew, Saltines, Fruit, & Milk
PM Snack	Cereal Bars	Chocolate Milk & Bananas	Juice & Grahams	Papaya & Pretzels	Fruit Snacks & Grahams