



Covenant Schools of Rio Rancho November 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		1	2	3	4
Breakfast		English Muffins with Jelly & Milk	Blueberry Muffins & Milk	Egg Cups, Fruit, & Milk	Bagels with Cream Cheese, Jelly, & Milk
AM Snack		Pretzels & Marshmallows	Trail Mix	Carrot Sticks & Ranch	Applesauce & Pretzels
LUNCH		Alfredo Pasta with Chicken, Peas, & Milk	Pasta with Meatballs & Marinara Sauce, Salad & Milk	Ham and Cheese Sandwiches, Pickles, Fruit, & Milk	Chef Salad with Turkey, Cheese, Croutons, & Milk
PM Snack		Jell-O with Fruit	Fresh Fruit and Pretzels	Celery & Cream Cheese	Tortilla Chips & Salsa
WEEK 2	7	8	9	10	11
Breakfast	Pancakes, Fruit, & Milk	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Oatmeal & Milk	Eggs, Tortillas, & Milk
AM Snack	Granola Bars	Oranges & Crackers	Tortillas & Cheese	Yogurt & Graham Crackers	Celery & Cream Cheese
LUNCH	Barley Vegetable Soup, Saltines, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Hamburger Vegetable Soup with Rice, Fruit, & Milk	Bean and Cheese Tacos, Salad, Fruit, & Milk	Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit, & Milk
PM Snack	Apples & Graham Crackers	Pudding & Vanilla Wafers	Oreos & Milk	Bananas & Animal Crackers	Banana Bread & Milk
WEEK 3	14	15	16	17	18
Breakfast	Assorted Muffins & Milk	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Hard Boiled Eggs, Fruit, & Milk	Waffles, Fruit, & Milk
AM Snack	Bananas & Graham Crackers	Juice & Goldfish	Cheese & Saltines	Cucumbers & Ranch	Yogurt & Animal Crackers
LUNCH	Teriyaki Chicken, Rice, Broccoli, & Milk	Red Beans & Rice with Sliced Sausage, & Milk	Barbecue Chicken Sandwiches, Fruit, & Milk	Cheesy Potato Soup, Peas, & Milk	Chicken Nuggets, Mashed Potatoes, Salad, & Milk
PM Snack	Tortillas & Ham	Jell-O with Fruit	String Cheese	Banana Bread	Carrot Sticks & Saltines
WEEK 4	21	22	23	24	25
Breakfast	Cereal, Bananas, & Milk	Hardboiled Eggs, Tortillas, & Milk	Yogurt Parfaits with Blueberries and Cheerios & Milk	<i>Closed for</i>	<i>Thanksgiving Break!</i>
AM Snack	Goldfish & Juice	Cheese & Apples	Carrot Sticks & Ranch		
LUNCH	Cheesy Broccoli Soup with Rice, Saltines, & Milk	Turkey, Mashed Potatoes, Cranberry Sauce, & Milk	Mini Corn Dogs with Fresh Vegetables, Pickles, & Milk		
PM Snack	Pumpkin Pie	Pudding & Pretzels	Fresh Fruit & Pretzels		
WEEK 5	28	29	30	Special Days:  3rd: Sandwich Day  17th: Homemade Bread Day  21st: Pumpkin Pie with Parents	
Breakfast	Egg Cups, Fruit, & Milk	Assorted Muffins and Milk	Bagels, Jelly, & Milk		
AM Snack	Tortillas & Cheese	Juice and Goldfish	Cheese & Crackers		
LUNCH	Creamy Turkey Soup with Mixed Veggies, Fruit, & Milk	Green Chile Chicken Stew, Tortillas, Fruit, & Milk	Meatball Vegetable Soup with Rice, Fruit & Milk		
PM Snack	Pretzels & Yogurt	Fresh Fruit & Animal Crackers	Oranges & Pretzels		