



Covenant School of Rio Rancho June 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1		National Holidays:		1	2
Breakfast		<u>1st: National Olive Day</u>		English Muffins with Jelly & Milk	Hard Boiled Eggs, Fruit & Milk
AM Snack		<u>16th: Fresh Vegetables Day</u>		Yogurt & Blueberries	Carrot Sticks & Hummus
LUNCH		<u>19th: Donuts for Dad</u>		Red Chile Cheese Enchiladas with Corn, Fruit & Milk	Ham & Cheese Sandwiches with Chips, Pickles, Fruit & Milk
PM Snack		<u>21st: Peaches & Cream Day</u>		<u>Olives & Pretzels</u>	Bananas & Graham Crackers
WEEK 2	5	6	7	8	9
Breakfast	Cereal, Bananas & Milk	Waffles, Fruit & Milk	Yogurt Parfaits & Milk	Assorted Muffins & Milk	Bagels, Jelly & Milk
AM Snack	Berries & Animal Crackers	Goldfish & Juice	Carrot Sticks & Ranch	String Cheese and Pepperoni	Applesauce & Crackers
LUNCH	Hamburgers with Pickles and Chips, Fruit & Milk	Italian Pasta Salad with Ham, Cheese, Spinach, and Tomatoes, Fruit & Milk	Chicken & Rice Casserole, Mixed Vegetables, Fruit, & Milk	Frito Pie with Beef and Bean Chili, Cheese, Salad, & Milk	Broccoli Cheese Soup, Crackers, Fruit & Milk
PM Snack	Tortillas & Jelly	Salami & Crackers	Oranges & Pretzels	Cucumbers & Hummus	Bell Peppers & Ranch
WEEK 3	12	13	14	15	16
Breakfast	Biscuits with Jelly & Milk	Cereal, Bananas & Milk	Waffles, Fruit & Milk	Blueberry Bagels & Milk	Pancakes, Fruit & Milk
AM Snack	Goldfish & Juice	Tortillas & Cheese	Applesauce & Crackers	Yogurt and Cheerios	Cheese & Pretzels
LUNCH	Penne Alfredo with Peas, Fruit & Milk	Tater-Tot Casserole with Beef and Mixed Vegetables, Fruit & Milk	Chicken Noodle Soup with Mixed Vegetables, Saltines, Fruit & Milk	Taco Salad with Beef, Beans, Cheese, and Tomatoes, Fruit & Milk	Chicken Nuggets with Mashed Potatoes, Fruit & Milk
PM Snack	Frozen Yogurt	Broccoli & Ranch	Oranges & Goldfish	Tortillas & Jelly	<u>Cucumbers</u> & Hummus
WEEK 4	19	20	21	22	23
Breakfast	<u>Donuts</u> , Fruit & Milk	Blueberry Muffins & Milk	Cereal, Bananas & Milk	Blueberry Yogurt Parfaits & Milk	Biscuits with Jelly & Milk
AM Snack	Bell Peppers & Hummus	Goldfish & Juice	Berries & Pretzels	Carrot Sticks & Ranch	Blueberries & Pretzels
LUNCH	Macaroni and Cheese with Peas, Fruit & Milk	Chicken Stir Fry with Mixed Vegetables, Rice, Fruit and Milk	Spaghetti, Salad, Fruit and Milk	Chef Salad with Ham, Cheese, and Croutons, Fruit & Milk	Bean and Cheese Tacos with Corn, Fruit & Milk
PM Snack	Animal Crackers & Bananas	Cheese & Crackers	<u>Peaches & Ice Cream</u>	String Cheese & Salami	Yogurt & Saltines
WEEK 5	26	27	28	29	30
Breakfast	Cereal, Bananas & Milk	Pancakes, Fruit & Milk	Bagels, Cream Cheese, & Milk	English Muffins with Jelly & Milk	Cereal, Bananas & milk
AM Snack	Cheese & Crackers	Blueberries & Grahams	Salami & Pretzels	Goldfish & Juice	Turkey & Crackers
LUNCH	Teriyaki Chicken and Rice, Pineapples, Broccoli, Fruit & Milk	Meatballs in Gravy, Mashed Potatoes, Fruit & Milk	Sloppy Joes, Chips, Pickles, Fruit & Milk	Hamburger Vegetable Soup with Rice, Fruit & Milk	Penne Pasta in Marinara Sauce, Salad, Fruit & Milk
PM Snack	Olives & Pretzels	String Cheese and Pepperoni	Strawberry Yogurt	Oranges & Animal Crackers	Cucumbers & Ranch