



Covenant Schools of Rio Rancho December 2023 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	National Holidays:				1
Breakfast	1st: Red Apple Day				Hardboiled Eggs, Fruit, & Milk
AM Snack					Animal Crackers & Yogurt
LUNCH					Macaroni & Cheese with Peas, Fruit, & Milk
PM Snack					Red Apples & Pretzels
WEEK 2	4	5	6	7	8
Breakfast	Waffles, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Hardboiled Eggs, Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Cheese & Crackers	Fresh Fruit & Pretzels	Juice & Goldfish	Fresh Vegetables & Ranch	Yogurt & Animal Crackers
LUNCH	Teriyaki Chicken, Broccoli, Rice, & Milk	Tomato Soup with Noodles, Bread, Fruit, & Milk	Spaghetti with Marinara Sauce, Salad, & Milk	Cheesy Broccoli Soup, Saltines, Fruit, & Milk	Red Chili Enchiladas, Salad, Corn, & Milk
PM Snack	Oranges & Animal Crackers	Fruit & Graham Crackers	Cucumbers & Hummus	String Cheese & Pretzels	Bananas & Chocolate
WEEK 3	11	12	13	14	15
Breakfast	Assorted Muffins, Fruit, & Milk	Blueberry Oatmeal & Milk	Hardboiled Eggs, Fruit, & Milk	Cereal, Bananas, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Fresh Vegetables & Ranch	Bananas & Graham Crackers	String Cheese & Saltines	Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Chef Salad with Ham, Cheese, & Croutons, Fruit, & Milk	Cheesy Potato Soup, Peas, Fruit, & Milk	Hamburger Noodle Casserole with Peas, Fruit, & Milk	Barley Vegetable Soup, Saltines, & Milk	Tater Tot Casserole with Beef & Mixed Vegetables, Fruit & Milk
PM Snack	Tortillas & Jelly	Apples & Crackers	Oranges & Animal Crackers	Pretzels & Apples	Bananas & Animal Crackers
WEEK 4	18	19	20	21	22
Breakfast	Cereal, Bananas, & Milk	Bagels, Jelly, & Milk	Yogurt Parfaits with Fruit, & Milk	Blueberry Muffins & Milk	Pancakes, Fruit, & Milk
AM Snack	Vegetables & Ranch	Bananas & Graham Crackers	Goldfish & Juice	String Cheese & Pretzels	Vegetables & Ranch
Lunch	Turkey Sandwiches, Fruit, Pickles, & Milk	Posole with Pork, Hominy, & Red Chile, Tortillas, & Milk	Meatballs & Gravy, Peas, Mashed Potatoes, & Milk	Mini Pizzas with Pepperoni, Salad, Fruit, & Milk	Green Chile Hamburger Stew, Tortillas, Fruit, & Milk
PM Snack	Olives & Cheese	Apples & Saltines	Pitas & Hummus	Holiday Cookies & Milk	Apples & Graham Crackers
WEEK 5	25	26	27	28	29
Breakfast	Closed For Christmas!	Closed For Christmas!	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal & Milk	Cereal, Bananas, & Milk
AM Snack	Christmas!	Christmas!	Tortillas & Jelly	Chips & Salsa	Carrot Sticks & Ranch
LUNCH			Sloppy Joes, Pickles, Fruit, & Milk	Chicken Noodle Soup, Mixed Vegetables, Saltines, & Milk	Hamburgers, Pickles, Fruit, & Milk
PM Snack			Bananas & Whipped Crem	Cheese & Olives	Fruit & Crackers