


Covenant Schools of Rio Rancho July 2024 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1	2	3	4	5
Breakfast	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Closed for Independence Day!	Hardboiled Eggs, Fruit, and Milk
AM Snack	Mini Bell Peppers & Ranch	String Cheese & Olives	Cheese & Crackers		Yogurt & Fruit
LUNCH	Chef Salad w/ Ham & Egg, Croutons, Fruit, & Milk	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Sloppy Joes, Baked Beans, Chips, & Milk		Penne Pasta in Marinara, Diced Red Bell Peppers, Salad, Fruit, and Milk
PM Snack	Sliced Apples & Fudge Bars	Frozen Fruit Pops	Oranges & Pretzels		Graham Crackers & Watermelon
WEEK 2	8	9	10	11	12
Breakfast	Cream of Wheat, Fruit, & Milk	Pancakes, Fruit, & Milk	Cereal, Bananas, & Milk	Blueberry Muffins & Milk	Oatmeal, Fruit & Milk
AM Snack	Carrot Sticks & Ranch	Goldfish & Juice	Olives & Pretzels	Ham & Crackers	Cucumbers & Ranch
LUNCH	Chicken Pasta Salad, Pineapple, Carrot Sticks, & Milk	Ham & Cheese Sandwiches, Pickles, Fruit, & Milk	Mini Pizzas, Salad, Fruit, & Milk	Alfredo Pasta, Salad, Fruit, & Milk	Tater-Tot Casserole w/ Mixed Veggies & Beef, Fruit, & Milk
PM Snack	Bananas & Vanilla Wafers	Fruit & Graham Crackers	Yogurt & Berries	Apples & Animal Crackers	Watermelon & Saltines
WEEK 3	15	16	17	18	19
Breakfast	English Muffins, Jelly, & Milk	Cereal, Bananas, & Milk	Oatmeal, Fruit, & Milk	Waffles, Fruit, & Milk	Hardboiled Eggs, Avocado, & Milk
AM Snack	Cheese & Crackers	Cucumbers & Hummus	Pretzels & Cheese	Berry Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH	Meatballs, Mashed Potatoes, Gravy, Fruit, & Milk	Spaghetti in Marinara, Salad, Fruit, & Milk	Roast Beef Sandwiches, Chips, Fruit, & Milk	Macaroni & Cheese with Peas, Fruit, & Milk	Taco Salad w/ Beef, Beans, & Cheese, Fruit, & Milk
PM Snack	Orange Juice & Goldfish	Tortillas & Jelly	Apples & Grahams	Cantaloupe & Animal Crackers	Bananas & Vanilla Wafers
WEEK 4	22	23	24	25	26
Breakfast	Cereal, Bananas, & Milk	Hardboiled Eggs, Fruit, & Milk	Yogurt Parfaits & Milk	Assorted Fruit Muffins & Milk	Oatmeal, Fruit, & Milk
AM Snack	Tortilla Chips & Avocado	Juice & Goldfish	Cucumbers & Ranch	Hardboiled Egg & Naan Bread	Yogurt & Blueberries
LUNCH	Turkey Sandwiches, Carrot Sticks, Fruit, & Milk	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Bean and Cheese Tacos, Corn, Fruit, & Milk	Green Chile Posole with Hominy and Corn, Fruit, & Milk	Italian Pasta Salad w/ Spinach, Tomatoes, Ham & Cheese, Fruit, & Milk
PM Snack	Fresh Mango Slices	Fruit Bars	Cheese & Crackers	Oranges & Pretzels	String Cheese & Olives
WEEK 5	29	30	31		
Breakfast	Bagels, Jelly, & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, & Milk		Special Days:
AM Snack	Juice & Goldfish	Yogurt & Wafers	Salami & Crackers		July 5th: Graham Cracker Day
LUNCH	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Salami Sandwiches, Pickles, Fruit & Milk	Hawaiian Pasta Salad with Ham, Pineapple, Bell Peppers, & Milk		July 11th: Blueberry Muffin Day
PM Snack	Bananas & Graham Crackers	Fresh Berries & Vanilla Wafers	Oranges & Crackers		July 22nd: Mango Day