



## Covenant Schools of Rio Rancho December 2024 Menu



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>WEEK 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Breakfast	Oatmeal, Fruit & Milk	Bagels, Cream Cheese, & Milk	Cereal, Bananas & Milk	Cream of Wheat, Fruit & Milk	Pancakes, Fruit, Jelly & Milk
AM Snack	Avocado & Tortilla Chips	Applesauce & Pretzels	Pita Bread & Hummus	Carrot Sticks & Ranch	Bananas & Yogurt
LUNCH	Tomato Florentine, Bread, Fruit & Milk	Sloppy Joes, Quinoa Chips, Pickles, Fruit & Milk	Zuppa Toscana, (sausage, ham, kale, potatoes, cream & chicken stock) Fruit & Milk	Turkey Sandwiches, Chips, Pickles, Fruit & milk	Chicken & Rice Casserole w/ Mixed Vegetables, Fruit & Milk
PM Snack	Goldfish & Juice	Oranges & Saltines	<i>*Cookies*</i> & Milk	Frozen Yogurt & Crackers	Chips & Salsa
<b>WEEK 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Breakfast	Cereal, Bananas & Milk	Blueberry Muffins & Milk	Cream of Wheat, Fruit, & Milk	Hardboiled Eggs, Tortillas, Fruit & Milk	Oatmeal, Fruit & Milk
AM Snack	Cheese & Fruit	Hardboiled Eggs & Pita	Cucumbers & Ranch	Yogurt & Berries	Tortillas & Cheese
LUNCH	Street Corn Mac Salad w/ Ham, Fruit & Milk	Spaghetti w/ Marinara, Salad Fruit & Milk	Pico de Papas (corn, ground beef, potatoes) Fruit & Milk	Taco Salad (Beef, Beans, Lettuce, Tomatoes, Tortillas Chips), Fruit & Milk	Tomato Noodle Soup, Crackers, Fruit & Milk
PM Snack	Apples & Grahams	Lunch Meat & Crackers	Oranges & Crackers	Applesauce & Animal Crackers	Pumpkin Bread & Milk
<b>WEEK 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Breakfast	Cream of Wheat, Fruit & Milk	Waffles <i>*Maple Syrup*</i> , Fruit & Milk	Cereal, Bananas & Milk	English Muffins, Jelly, & Milk	Yogurt Parfaits w/ Blueberries & Milk
AM Snack	Goldfish & Juice	Carrot Sticks & Ranch	String Cheese & Saltines	Tortillas & Cheese	Cucumbers & Ranch
LUNCH	Ham and Cheese Sandwiches, Chips, Pickles, Fruit & Milk	Macaroni and Cheese w/ Broccoli, Fruit & Milk	Hamburger Vegetable Soup w/ Rice, Crackers, Fruit & Milk	Chicken Nuggets, Mashed Potatoes, Fruit & Milk	Posole w/ Pork, Tortillas, Fruit & Milk
PM Snack	Pita & Hummus	Fresh Fruit & Crackers	Oranges & Animal Crackers	Frozen Yogurt & Grahams	Applesauce Cake & Milk
<b>WEEK 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Breakfast	Oatmeal, Fruit & Milk	Cereal, Bananas & Milk	<i>Closed For Christmas!</i>		Eggs, Tortilla, Fruit & Milk
AM Snack	Carrot Sticks & Ranch	Olives & Pretzels			Yogurt & Animal Crackers
Lunch	Red Chile Cheese Enchiladas, Salad, Fruit & Milk	Orange Chicken, Rice, Broccoli, Fruit & milk			Taquitos, Spanish Rice, Fruit & Milk
PM Snack	Apples & Animal Crackers	<i>*Eggnog*</i> & Cookies			Banana Bread & Milk
<b>WEEK 5</b>	<b>30</b>	<b>31</b>			
Breakfast	Cereal, Bananas & Milk	Bagels, Jelly & Milk			<i>National Holidays:</i>
AM Snack	Cheese & Apples	Tortillas & Lunch Meat			<i>4th Cookie Day!</i>
LUNCH	Vegetable Soup, Crackers, Fruit & Milk	Chicken Stir Fry w/ Veggies, Noodles, Fruit & Milk			<i>17th Maple Syrup Day!</i>
PM Snack	Goldfish & Juice	Bananas & Grahams			<i>24th Eggnog Day!</i>