

Covenant Schools of Rio Rancho March 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3	4	5	6	7
Breakfast	Waffles, Fruit, & Milk	Bagels, Jelly & Milk	Cream of Wheat, Fruit, & Milk	Cereal, Bananas, Fruit, & Milk	Hardboiled Eggs, Fruit, & Milk
AM Snack	Goldfish & Juice	Yogurt & Blueberries	Crackers & Cheese	Carrot Sticks & Pretzels	Saltines & Ham
LUNCH	Turkey Sandwiches, Pickles, Chips, Fruit & Milk	Vegetable Barley Stew, Saltines, Fruit, & Milk	Loaded Bacon Cheeseburger Pasta, Salad, Fruit, & Milk	Pico de Papas (Ground Beef, Corn, Potatoes) Spanish Rice, Fruit & Milk	Bean & Cheese Tacos, Salad, Fruit, & Milk
PM Snack	Oranges & Animal Crackers	Fresh Vegetables & Ranch	Pretzels & Sliced Oranges	Oreo Cookies & Milk	Yogurt & Berries
WEEK 2	10	11	12	13	14
Breakfast	Yogurt Parfaits w/ Blueberries, Cheerios, & Milk	Blueberry Muffins & Milk	Cereal, Bananas, & Milk	French Toast Sticks, Fruit, & Milk	Blueberry Oatmeal & Milk
AM Snack	Tortillas & Cheese	Goldfish & Juice	Carrot Sticks & Ranch	Yogurt & Graham Crackers	Applesauce & Pretzels
LUNCH	Teriyaki Chicken, Broccoli, Rice, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Penne Pasta in Marinara, Salad, Fruit, & Milk	Chicken and Rice Soup w/ Mixed Veggies, Fruit & Milk	Ham & Cheese Sandwiches, Potato Chips , Pickles, Fruit & Milk
PM Snack	Pretzels & Sliced Apples	Berries & Graham Crackers	Oranges & Animal Crackers	Pita Bread & Hummus	Cucumbers & Crackers
WEEK 3	17	18	19	20	21
Breakfast	Ham, Egg, & Cheese Breakfast Bars, Fruit, & Milk	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Waffles, Fruit, & Milk	Cream of Wheat, Fruit, & Milk
AM Snack	Goldfish & Juice	Crackers & Cheese	Bananas & Animal Crackers	Vanilla Yogurt & Blueberries	Carrot Sticks & Ranch
LUNCH	Irish Beef Stew, Bread, Fruit, & Milk	Sloppy Joes , Chips, Pickles, Fruit, & Milk	Green Chile Chicken Soup, Tortillas, Fruit & Milk	Ravioli with Marinara Sauce, Salad, Fruit, & Milk	Meatballs, Mashed Potatoes, Gravy, Fruit, & Milk
PM Snack	Apples & Animal Crackers	Berries & Graham Crackers	Hummus & Vegetables	Pretzels & Fruit	Chips & Salsa
WEEK 4	24	25	26	27	28
Breakfast	Assorted Muffins, Fruit, & Milk	Bagels, Jelly & Milk	Hardboiled Eggs, Fruit & Milk	Cereal, Bananas & Milk	Pancakes, Fruit & Milk
AM Snack	Tortillas & Jelly	Goldfish & Juice	Fresh Berries & Animal Crackers	Cucumbers & Ranch	Hardboiled Eggs & Naan
LUNCH	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Cajun Rice w/ Chicken & Black-Eyed Peas, Fruit & Milk	Mac N' Cheese w/ Broccoli, Fruit & Milk	Hamburger Vegetable Soup w/ Rice, Crackers, Fruit & Milk	Red Chile Enchiladas, Salad, Fruit & Milk
PM Snack	Bananas & Vanilla Wafers	Cheese & Pretzels	Lunch Meat & Crackers	Oranges & Animal Crackers	Yogurt & Berries
WEEK 5	31		National Holidays		
Breakfast	Scrambled Eggs, Tortillas, Fruit & Milk		3rd Cold Cuts Day! 6th Oreo Cookie Day! 14th Potato Chip Day! 18th Sloppy Joe Day! 20th Ravioli Day!		Matthew 28:19  Therefore go, and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit.
AM Snack	Carrots & Ranch				
LUNCH	Salami & Cheese Sandwiches, Pickles, Chips, Fruit & Milk				
PM Snack	Apples & Graham Crackers				

