



Rio School District

October


2017













Elementary School Menu

Breakfast & Lunch



Harvest of the Month:
Tomatoes 

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks  Cheese Nachos	3 Fruit Smoothie Granola Bar Chicken Sandwich	4 Oatmeal Teriyaki Chicken Brown Rice	5 Superhero Breakfast  Bread Hot Dog	6 Scrambled Eggs & Biscuit Pozole Tortilla Chips
9 Cereal Assortment  3 Bean Chili Cornbread	10 Taco Tuesday! Breakfast Burrito Hard Shell Taco	11 Breakfast Pizza Baked Potato Bar	12 Assorted Muffins  Chicken & Cheese Tamale	13 Pan Dulce Chicken and Bean Sopes
	17 Yogurt Parfait Chicken Bites Sweet Potato Fries	18 Breakfast Croissant Sandwich Turkey & Gravy Mashed Potatoes	19 PB & J  Macaroni & Cheese	20 Fruit Smoothie Granola Bar Homemade Veggie Pizza
23 Cereal Assortment  Bean & Cheese Burrito	24 Superhero Breakfast Bread Hamburger Sweet Potato Fries	25 Breakfast Pizza Spaghetti	26 English Muffin Sandwich  Orange Chicken Brown Rice	27 Pan Dulce Chicken & Waffle
30 Bagel & Cream Cheese  Tostada	31 Yogurt Parfait Spooktacular Lunch	Farm Fresh Salad Bar & Seasonal Fruit offered Daily All meals are served with Milk Water \$1.00 Juice \$0.50		

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*Menu subject to change. Entrée choices are not guaranteed throughout the entire meal service.