



Rio School District

October

2017



Rio Plaza & Rio Real
Breakfast in the classroom & Lunch



Harvest of the Month:
Tomatoes

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks Cheese Nachos	3 Breakfast Burrito Chicken Sandwich	4 Cini Minis Teriyaki Chicken Brown Rice	5 Zucchini Bread Hot Dog	6 Mini Bagel-Fulls Pozole Tortilla Chips
9 Muffin Assortment 3 Bean Chili Cornbread	10 Taco Tuesday! Breakfast Pizza Hard Shell Taco	11 Pan Dulce Baked Potato Bar	12 Toasted Bagel Cream Cheese Chicken & Cheese Tamale	13 Mini Waffle Chicken and Bean Sopes
	17 Granola Bar & Yogurt Chicken Bites Sweet Potato Fries	18 Cinnamon Bun Turkey & Gravy Mashed Potatoes	19 Pizza Bagel Macaroni & Cheese	20 Breakfast Bar Homemade Veggie Pizza Soup or Salad
23 French Toast Sticks Bean & Cheese Burrrito	24 Breakfast Burrito Hamburger Sweet Potato Fries	25 Cini Minis Spaghetti	26 Zucchini Bread Orange Chicken Brown Rice	27 Mini Bagel-Fulls Chicken & Waffle
30 Muffin Assortment Tostada	31 Breakfast Pizza 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.