



Rio School District









September

2017

Elementary School Menu Breakfast & Lunch



Harvest of the Month:
Peppers 

Monday	Tuesday	Wednesday	Thursday	Friday
Farm Fresh Salad Bar & Seasonal Fruit offered Daily All meals are served with Milk Water \$1.00 Juice \$0.50				1 Eggstavanza & Biscuit Chicken Pozole Tortilla Chips
4 	5 Taco Tuesday! Breakfast Burrito Hard shell tacos	6 Breakfast Pizza Baked Potato Bar	7 Assorted Muffins  Chicken & Cheese Tamale	8 Pan Dulce Chicken & Bean Sopes
11 Mini Pancakes  Burrito Bowl	12 Yogurt Parfait Mighty Chicken Bites Sweet Potato Waffle Fires	13 Croissant Breakfast Sandwich Turkey & Gravy Mashed Potatoes	14 PB & J  Homemade Macaroni & Cheese	15 Fruit Smoothie & Granola bar Homemade Pepperoni Pizza
18 Cereal Assortment  Bean & Cheese Burrito	19 Superhero Bread Hamburger Sweet Potato Fires	20 Breakfast Pizza Spaghetti	21 Egg Muffin Sandwich  Orange Chicken Brown Rice	22 Whole Grain Pan Dulce Chicken & Waffles
25 Toasted Bagel & Cream Cheese  Tostada	26 Backwards Day! Yogurt Parfait Scrambled Eggs French Toast	27 Eggstavanza & Toast Oven Baked Chicken Mashed Potatoes	28 Toasted Cheese Sandwich  Chicken Taquitos	29 Hardboiled Egg Zucchini Muffin Homemade BBQ Chicken Pizza