



Rio School District

September








2017

Middle School Menu Breakfast & Lunch



Harvest
of the
Month

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 Eggstaviganza & Biscuit Chicken Pozole & Chips Spicy Bean & Cheese Burrito Chicken Sandwich & Fries
4 happy LABOR day	5 Taco Tuesday! Breakfast Burrito Hard shell tacos Chili & Cheese Quesadilla Cheeseburger & Tots	6 Breakfast Pizza Baked Potato Bar Chili & Cheese Flaquito Spicy Chicken Sandwich	7 Assorted Muffins  Chicken & Cheese Tamale Pepperoni Pizza Cheeseburger & Fires	8 Pan Dulce Chicken & Bean Sopes Spicy Bean & Cheese Burrito Chicken Sandwich & Fries
11 Mini Pancakes  Burrito Bowl Cheese Pizza Chili & Cheese Burrito	12 Yogurt Parfait Chicken Bites & tots Chili & Cheese Quesadilla Cheeseburger & tots	13 Croissant Breakfast Sandwich Turkey , Gravy & Potatoes Chili & Cheese Flaquito Spicy Chicken Sandwich	14 PB & J  Macaroni & Cheese Pepperoni Pizza Cheeseburger & Fries	15 Fruit Smoothie & Granola bar Homemade Pepperoni Pizza Spicy Bean & Cheese Burrito Chicken Sandwich & Fries
18 Cereal Assortment  Bean & Cheese Burrito Cheese Pizza Chili & Cheese Burrito	19 Superhero Bread Hamburger & Fires Chili & Cheese Quesadilla Cheeseburger & tots	20 Breakfast Pizza Spaghetti Chili & Cheese Flaquito Spicy Chicken Sandwich	21 Egg Muffin Sandwich  Orange Chicken & Rice Pepperoni Pizza Cheeseburger & Fries	22 Whole Grain Pan Dulce Chicken & Waffles Spicy Bean & Cheese Burrito Chicken Sandwich & Fries
25 Toasted Bagel & Cream Cheese  Tostada Cheese Pizza Chili & Cheese Burrito	26 Yogurt Parfait Scrambled Eggs French Toast Chili & Cheese Quesadilla Cheeseburger & tots	27 Eggstaviganza & Toast Oven Baked Chicken Mashed Potatoes Chili & Cheese Flaquito Spicy Chicken Sandwich	28 Toasted Cheese Sandwich  Chicken Taquitos Pepperoni Pizza Cheeseburger & Fries	29 Hardboiled Egg Zucchini Muffin Dominos

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