



Rio School District









September

2017

Rio Plaza & Rio Real
Breakfast in the classroom & 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 Mini Waffle Chicken Pozole Tortilla Chips
4 	5 Taco Tuesday! Yogurt & Granola Bar Hard shell tacos	6 Cinnamon Bun Baked Potato Bar	7 Bagel Pizza  Chicken & Cheese Tamale	8 Breakfast Bar Chicken & Bean Sopes
11 French Toast Sticks  Burrito Bowl	12 Breakfast Burrito Mighty Chicken Bites Sweet Potato Waffle Fires	13 Mini Cinis Turkey & Gravy Mashed Potatoes	14 Zucchini Bread  Homemade Macaroni & Cheese	15 Mini Bagel-Fulls Homemade Pepperoni Pizza
18 Assorted Muffins  Bean & Cheese Burrito	19 Breakfast Pizza Hamburger Sweet Potato Fires	20 Pan Dulce Spaghetti	21 Toasted Bagel & Cream  Cheese Orange Chicken	22 Mini Waffle Chicken & Waffles
25 Mini Pancakes  Tostada	26 Backwards Day! Yogurt & Granola Bar Scrambled Eggs French Toast	27 Cinnamon Bun Oven Baked Chicken Mashed Potatoes	28 Pizza Bagel  Chicken Taquitos	29 Cereal Bar Homemade BBQ Chicken Pizza