



Rio School District




September 2017

Supper Menu All School Sites



Harvest of the Month:
Peppers



Monday	Tuesday	Wednesday	Thursday	Friday
Farm Fresh Vegetables & Seasonal Fruit offered Daily All meals are served with Milk Water \$1.00 Juice \$0.50				1 Cheese Stick & Trail Mix Fruit & Veggie Assortment Milk Variety
4 	5 Toasted Cheese Sandwich Fruit & Veggie Assortment Milk Variety	6 Tuna Salad & Crackers Fruit & Veggie Assortment Milk Variety	7 Pretzels, String Cheese Sunflower seeds Fruit & Veggie Assortment Milk Variety	8 Cheese Calzone Fruit & Veggie Assortment Milk Variety
11 String Cheese Cereal Assortment  Fruit & Veggie Assortment Milk Variety	12 Chicken Salad & Crackers Fruit & Veggie Assortment Milk Variety	13 Chicken & Cheese Tamale Fruit & Veggie Assortment Milk Variety	14 Hamburger Fruit & Veggie Assortment Milk Variety	15 Turkey Sandwich Fruit & Veggie Assortment Milk Variety
18 Peanut Butter & Jelly  Fruit & Veggie Assortment Milk Variety	19 Refried Beans & Chips Fruit & Veggie Assortment Milk Variety	20 Pizza Bagel Fruit & Veggie Assortment Milk Variety	21 Hard Shell Taco Fruit & Veggie Assortment Milk Variety	22 Stuffed Pizza Fruit & Veggie Assortment Milk Variety
25 Cheese & Crackers  Fruit & Veggie Assortment Milk Variety	26 Breadstick & Marinara sauce Fruit & Veggie Assortment Milk Variety	27 String Cheese Cereal Assortment Fruit & Veggie Assortment Milk Variety	28 Bean & Cheese Burrito Fruit & Veggie Assortment Milk Variety	29 Hardboiled Egg Trail Mix Fruit & Veggie Assortment Milk Variety