



Rio School District


September









2016

Elementary School Menu Breakfast & Lunch



Harvest
of the
Month

Harvest of the Month:
Tomatoes 

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 Superhero breakfast bread 	2 Scrambled eggs, sausage & toast Homemade Cheese Pizza
5 happy LABOR day	6 Cheese Pupusa Breaded Chicken Sandwich Sweet Potato Tots	7 Breakfast Pizza Teriyaki Chicken Brown Rice	8 Egg Muffin Sandwich 	9 Pan Dulce Chicken Ranch Wrap
12 Pancakes 	13 Yogurt Parfait Taco Tuesday Hard shell tacos	14 Croissant Breakfast Sandwich Baked Potato Bar	15 PB & J 	16 Fruit Smoothie & Granola bar Posole W/ Tortilla Chips
19 Cereal Assortment 	20 Superhero breakfast bread Mighty Chicken Bites Sweet Potato Fries	21 Breakfast quesadilla Turkey & Gravy Mashed Potatoes	22 Waffle 	23 Breakfast Bagel Pizza BBQ Chicken Pizza
26 Toasted Bagel & Cream Cheese 	27 Breakfast Burrito Hamburger Sweet Potato Fries	28 Eggstravaganza & Toast Spaghetti	29 Toasted Cheese Sandwich 	30 Fruit Smoothie & Granola bar Chicken & Waffles