




# Rio School District

# September

2016

**Rio Plaza & Rio Real**  
**Breakfast in the classroom & Lunch**



**Harvest of the Month:**  
**Tomatoes** 

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Farm Fresh Salad Bar &amp; Seasonal Fruit offered Daily</b></p> <p><b>All meals are served with Milk</b></p> <p><b>Water \$1.00</b></p> <p><b>Juice \$0.50</b></p>		<p>1 Zucchini Bread </p> <p>Chicken Taquito</p>	<p>2 Egg &amp; Cheese Omelet</p> <p>Homemade Cheese Pizza</p>
<p>5 <b>happy LABOR day</b></p>	<p>6 Pupusa</p> <p>Breaded Chicken Sandwich</p> <p>Sweet Potato Tots</p>	<p>7 Breakfast Pizza</p> <p>Teriyaki Chicken</p> <p>Brown Rice</p>	<p>8 GramSnacker </p> <p>Homemade Mac &amp; Cheese</p>	<p>9 Pan Dulce</p> <p>Chicken Ranch Wrap</p>
<p>12 Mini Pancakes </p> <p>3 Bean Chili</p> <p>Homemade Corn Bread</p>	<p>13 Yogurt &amp; Granola Bar</p> <p>Taco Tuesday</p>	<p>14 Breakfast Taco</p> <p>Baked Potato Bar</p>	<p>15 Assorted Muffins </p> <p>Chicken Tamale</p>	<p>16 Breakfast Wrap</p> <p>Posole W/ Tortilla Chips</p>
<p>19 Apple Breakfast Bar </p> <p>Spicy Cheese Nachos</p>	<p>20 Nature Valley Crisp &amp; String Cheese</p> <p>Mighty Chicken Bites</p> <p>Sweet Potato Fries</p>	<p>21 Quesadilla</p> <p>Turkey &amp; Gravy</p> <p>Mashed Potato's</p>	<p>22 PB &amp; J </p> <p>Hot Dog</p> <p>Chips</p>	<p>23 Bagel Pizza</p> <p>BBQ Chicken Pizza</p>
<p>26 Toasted Bagel &amp; Cream Cheese </p> <p>Bean &amp; Cheese Burrito</p>	<p>27 Breakfast Burrito</p> <p>Hamburger</p> <p>Sweet potato Fried</p>	<p>28 Whole Grain Cinnamon Bun</p> <p>Spaghetti</p>	<p>29 Mini Waffle </p> <p>Orange Chicken</p> <p>Brown Rice</p>	<p>30 Apple Breakfast Bar</p> <p>Chicken &amp; Waffle</p>

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