



Rio School District










October 2016



Harvest
of the
Month

Harvest of the Month:
Lettuce

Elementary School Menu Breakfast & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks  Tostada with beans & Cilantro rice	4 Backwards Day! Breakfast Burrito Yogurt Parfait Bar	5 Oatmeal Oven Roasted Chicken Brown Rice	6 Superhero Breakfast Bread  Chicken Taquito	7 Scrambled Eggs, Sausage, & Toast Homemade Pepperoni Pizza
10 Cereal Assortment  Bean & Cheese Sopes	11 Cheese Pupusa Chicken Sandwich	12 Breakfast Pizza Teriyaki Chicken Brown Rice	13 Egg Muffin Sandwich  Macaroni & Cheese	14 Pan Dulce Chicken Ranch Wrap
17 Mini Pancakes  Three Bean Chili & Corn Bread	18 Taco Tuesday! Yogurt Parfait Hard Shell Tacos	19 Breakfast Croissant Baked Potato Bar	20 PB & J  Chicken Tamale	21 Fruit Smoothie Granola Bar Posole & Tortilla Chips
24 Cereal Assortment  Spicy Cheese Nachos	25 Superhero Breakfast Bread Mighty Chicken Bites Sweet Potato Fries	26 Breakfast Quesadilla Turkey & Gravy Mashed Potatoes	27 Waffle  Hot Dog Chips	28 Bagel Pizza Homemade Hawaiian Pizza
31 Bagel & Cream Cheese Spooktacular Lunch		Farm Fresh Salad Bar & Seasonal Fruit offered Daily All meals are served with Milk Water \$1.00 Juice \$0.50		

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

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