




Rio School District











October 2016



Harvest
of the
Month

Rio Plaza & Rio Real
Breakfast in the classroom & Lunch

Harvest of the Month:
Lettuce 

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks  Tostada with beans & Cilantro rice	4 Backwards Day! Breakfast Burrito Yogurt Parfait Bar	5 Mini Cinni Oven Roasted Chicken Brown Rice	6 Zucchini Bread  Chicken Taquito	7 Egg & Cheese Omelet Granola Bar Homemade Pepperoni Pizza
10 Mini Bagel– Folds  Bean & Cheese Sopes	11 Cheese Pupusa Chicken Sandwich	12 Breakfast Pizza Teriyaki Chicken Brown Rice	13 GramSnacker  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 Turkey Taco Nada Baked Potato Bar	20 Assorted Muffins  Chicken Tamale	21 Breakfast Burrito Posole & Tortilla Chips Soup or Salad
24 Apple Farmers Bar  Spicy Cheese Nachos	25 Nature Valley Crisps String Cheese Mighty Chicken Bites Sweet Potato Fries	26 Breakfast Quesadilla Turkey & Gravy Mashed Potatoes	27 PB & J  Hot Dog Chips	28 Bagel Pizza Homemade Hawaiian Pizza
31 Toasted 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		

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