



Rio School District

October

2016



Supper Menu

All Schools



Harvest of the Month



Monday	Tuesday	Wednesday	Thursday	Friday
3 PB & J Sandwiches Vegetable Assortment Fruit Assortment Milk Variety	4 Tortilla Chips & Beans Vegetable Assortment Fruit Assortment Milk Variety	5 Pretzels, Sunflower seeds, & String Cheese Vegetable Assortment Fruit Assortment Milk Variety	6 Chicken Gordita Vegetable Assortment Fruit Assortment Milk Variety	7 Stuffed Pepperoni Pizza Vegetable Assortment Fruit Assortment Milk Variety
10 Assorted Muffin & Hard Boiled Egg Vegetable Assortment Fruit Assortment Milk Variety	11 Flauta Vegetable Assortment Fruit Assortment Milk Variety	12 Cereal Assortment & String Cheese Vegetable Assortment Fruit Assortment Milk Variety	13 Bean & Cheese Burrito Vegetable Assortment Fruit Assortment Milk Variety	14 Chicken Salad Sandwich Vegetable Assortment Fruit Assortment Milk Variety
17 Mini Waffle & Peanut Butter Cup Vegetable Assortment Fruit Assortment Milk Variety	18 Torta Sandwich Vegetable Assortment Fruit Assortment Milk Variety	19 Breadstick & Marinara Sauce Vegetable Assortment Fruit Assortment Milk Variety	20 Cheese & Crackers Vegetable Assortment Fruit Assortment Milk Variety	21 Cheese Quesadilla Vegetable Assortment Fruit Assortment Milk Variety
24 Cereal Assortment & String Cheese Vegetable Assortment Fruit Assortment Milk Variety	25 Toast Cheese Sandwich Vegetable Assortment Fruit Assortment Milk Variety	26 Bean & Cheese Pupusas Vegetable Assortment Fruit Assortment Milk Variety	27 Tamale Vegetable Assortment Fruit Assortment Milk Variety	28 Trail Mix & String Cheese Vegetable Assortment Fruit Assortment Milk Variety
31 Pizza Bagel Vegetable Assortment Fruit Assortment Milk Variety		Seasonal Vegetables & Fruit offered Daily All meals are served with Milk Water \$1.00 Juice \$0.50		

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