



Rio School District

January










2018

Rio Plaza, Rio Real, Rio Lindo
Breakfast & Lunch



Harvest of the Month:
Kale



Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5 
Winter Break Continued...				
8 Cereal Bar  Three Bean Chili Corn Bread	9 Taco Tuesday! Yogurt & Granola Bar Hard Shell Chicken Taco	10 Cinnamon Bun Baked Potato Bar	11 Pizza Bagel  Chicken Tamale	12 Cereal Bar Bean & Cheese Pupusas
15 Holiday 	16 Breakfast Burrito Chicken Bites Sweet Potatoes Fries	17 Mini Cinis Turkey & Gravy Mashed Potatoes	18 Zucchini Bread  Macaroni & Cheese	19 Popcorn Day! Mini Bagel– Fulls Homemade Chicken Ranch Pizza
22  Assorted Muffins Bean & Cheese Burrito	23 Breakfast Pizza Hamburger Sweet Potato Fires	24 Whole Grain Pan Dulce Spaghetti	25 Toasted Bagel & Cream Cheese  Orange Chicken Brown Rice	26 Mini Waffles Chicken & Waffles
29  Mini Pancakes Bean & Cheese Tostada	30 Backwards Day! Breakfast Pizza French Toast Scrambled Eggs	31 Whole Grain Pan Dulce Roasted Chicken Mashed Potatoes	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.