









Rio School District

September 2019



**Harvest
of the
Month**

Harvest of the Month:
Tomatoes 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>happy LABOR day</p>	<p>3 Taco Tuesday</p> <p>Fruit Smoothie Hard Shelled Tacos Hamburger & Tater Tots Turkey Sandwich</p>	<p>4 Oatmeal</p> <p>Chicken & Waffle Pepperoni Pizza Spicy Chicken Sandwich</p>	<p>5 Breakfast Bread </p> <p>Hot Dog & Fries Cheeseburger Caesar Salad</p>	<p>6 Scrambled Eggs & Biscuit</p> <p>Chicken & Waffle Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>9 Breakfast Pizza</p> <p>Cheesy Nachos Chili & Cheese Burrito Cheese Pizza</p>	<p>10 Breakfast Burrito</p> <p>Chicken Bites Hamburger & Tater Tots Ham & Cheese Sandwich</p>	<p>11 Breakfast Pizza</p> <p>Chicken & Cheese Tamale Pepperoni Pizza Spicy chicken Sandwich</p>	<p>12 Muffin </p> <p>Savory Turkey & Gravy with Mashed Potatoes Cheeseburger & Fries</p>	<p>13 Pan Dulce</p> <p>Tuna Sandwich Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>16 Mini Pancakes</p> <p>3 Bean Chili & Tortilla Chips Chili & Cheese Burrito Cheese Pizza</p>	<p>17 Yogurt Parfait</p> <p>Hamburger & Tater Tots Enchilada Casserole Egg Salad Sandwich</p>	<p>18 Breakfast Croissant</p> <p>Hearty Homemade Spaghetti W/Bread Stick Pepperoni Pizza Spicy Chicken Sandwich</p>	<p>19 PB&J Sandwich </p> <p>Orange Chicken Brown Rice Cheeseburger & Fries Cobb Salad</p>	<p>20 Fruit Smoothie</p> <p>Carne Asada Street Tacos Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>23 Cereal</p> <p>Bean & Cheese Tostada Chili & Cheese Burrito Cheese Pizza</p>	<p>24 Backwards Day</p> <p>Homemade Breakfast Bread French Toast & Eggs Hamburger & Tater Tots Turkey Sandwich</p>	<p>25 Breakfast Pizza</p> <p>Roasted Chicken Mashed Potatoes Pepperoni Pizza Spicy Chicken Sandwich</p>	<p>26 English Muffin Sandwich </p> <p>Chicken Tamale Cheeseburger & Fries Southwest Salad</p>	<p>27 Pan Dulce</p> <p>Homemade Pizza Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>30 Bagel & Cream Cheese</p> <p>Baked Potato Bar Chili & Cheese Burrito Cheese Pizza</p>		<p>Farm Fresh Salad Bar & Seasonal Fruit offered Daily</p> <p>All meals are served with Milk</p> <p>Water \$1.00</p> <p>Juice \$0.50</p>		

*This institution is an equal opportunity provider.

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