



Rio School District

Rio Real, Rio Plaza, Rio Lindo
Breakfast & Lunch

September

2019



Harvest of the Month:

Tomatoes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">happy LABOR day</p>	<p>3 Taco Tuesday</p> <p>Fruit Smoothie</p> <p>Hard Shelled Tacos</p>	<p>4</p> <p>Mini Cini</p> <p>Chicken & Waffle</p>	<p>5</p> <p>Banana Bread </p> <p>Hot Dog</p>	<p>6</p> <p>Mini Bagel-fuls</p> <p>Chili & Chips</p>
<p>9</p> <p>Breakfast Pizza</p> <p>Toasted Cheese Sandwich</p>	<p>10</p> <p>Pan Dulce</p> <p>Chicken Bites</p>	<p>11</p> <p>Mini Waffle</p> <p>Chicken & Cheese Tamale</p>	<p>12</p> <p>Bagel & Cream Cheese </p> <p>Savory Turkey & Gravy with Mashed Potatoes</p>	<p>13</p> <p>Muffin Assortment</p> <p>Crunchy Fish Sticks</p> <p>Tater Tots</p>
<p>16</p> <p>Mini Pancakes</p> <p>Cheesy Nachos</p>	<p>17</p> <p>Yogurt & Granola Bar</p> <p>Hamburger</p> <p>Fries</p>	<p>18</p> <p>Whole Grain Cinnamon Bun</p> <p>Hearty Homemade Spaghetti</p>	<p>19</p> <p>Bagel Pizza </p> <p>Orange Chicken</p> <p>Brown Rice</p>	<p>20</p> <p>Breakfast Bar</p> <p>Carne Asada Street Tacos</p> <p>Side Kick</p>
<p>23</p> <p>French Toast</p> <p>Bean & Cheese Tostada</p>	<p>24 Backwards Day</p> <p>Breakfast Burrito</p> <p>French Toast & Scrambled Eggs</p>	<p>25</p> <p>Mini Cini</p> <p>Roasted Chicken Breadstick</p>	<p>26</p> <p>Breakfast Bread </p> <p>Tasty Taquitos</p> <p>Refried Beans</p>	<p>27</p> <p>Mini Bagel-fuls</p> <p>Homemade Pizza</p>
<p>30</p> <p>Breakfast Pizza</p> <p>Baked Potato Bar</p>	<p>Farm Fresh Salad Bar & Seasonal Fruit offered Daily</p> <p>All meals are served with Milk</p> <p>Water \$1.00 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.