




# Rio School District






## Rio Del Mar, Rio Rosales, Rio Del Sol Breakfast & Lunch

# September 2019



Harvest  
of the  
Month

**Harvest of the Month:**  
Tomatoes 

Monday	Tuesday	Wednesday	Thursday	Friday						
<p>2</p> <p><b>happy LABOR day</b> </p>	<p>3 <b>Taco Tuesday</b></p> <p>Fruit Smoothie</p> <p>Hard Shelled Tacos</p>	<p>4</p> <p>Oatmeal</p> <p>Chicken &amp; Waffle</p>	<p>5</p> <p>Breakfast Bread </p> <p>Hot Dog</p>	<p>6</p> <p>Scrambled Eggs &amp; Biscuit</p> <p>Chili &amp; Chips</p>						
<p>9</p> <p>Cereal</p> <p>Toasted Cheese Sandwich</p>	<p>10</p> <p>Breakfast Burrito</p> <p>Chicken Bites</p>	<p>11</p> <p>Breakfast Pizza</p> <p>Chicken &amp; Cheese Tamale</p>	<p>12</p> <p>Muffin </p> <p>Savory Turkey &amp; Gravy with Mashed Potatoes</p>	<p>13</p> <p>Pan Dulce</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 Parfait</p> <p>Hamburger</p> <p>Fries</p>	<p>18</p> <p>Breakfast Croissant</p> <p>Hearty Homemade Spaghetti</p>	<p>19</p> <p>PB&amp;J or Sunbutter Sandwich </p> <p>Orange Chicken</p> <p>Brown Rice</p>	<p>20</p> <p>Fruit Smoothie</p> <p>Carne Asada Street Tacos</p> <p>Side Kick</p>						
<p>23</p> <p>Cereal</p> <p>Bean &amp; Cheese Tostada</p>	<p>24 <b>Backwards Day</b></p> <p>Homemade Breakfast Bread</p> <p>French Toast &amp; Scrambled Eggs</p>	<p>25</p> <p>Breakfast Pizza</p> <p>Roasted Chicken Breadstick</p>	<p>26</p> <p>English Muffin Sandwich </p> <p>Tasty Taquitos</p> <p>Refried Beans</p>	<p>27</p> <p>Pan Dulce</p> <p>Homemade Pizza</p>						
<p>30</p> <p>Bagel &amp; Cream Cheese</p> <p>Baked Potato Bar</p>	<p><b>Farm Fresh Salad Bar &amp; Seasonal Fruit offered Daily</b></p> <p><b>All meals are served with Milk</b></p> <p><b>Water \$1.00 Juice \$0.50</b></p>		<p><b>Meal Prices</b></p> <table border="0"> <tr> <td><b>Breakfast:</b></td> <td><b>Lunch:</b></td> </tr> <tr> <td><b>Reduced: \$.30</b></td> <td><b>Reduced: \$.40</b></td> </tr> <tr> <td><b>Paid: \$2.00</b></td> <td><b>Paid: \$3.00</b></td> </tr> </table>		<b>Breakfast:</b>	<b>Lunch:</b>	<b>Reduced: \$.30</b>	<b>Reduced: \$.40</b>	<b>Paid: \$2.00</b>	<b>Paid: \$3.00</b>
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\*This institution is an equal opportunity provider.

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