



# Rio School District

# November

## 2019

## Rio Lindo Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Farm fresh vegetables and fruits offered Daily</b> <b>Non-Fat and Low-Fat milk offered daily</b></p>				<p>1  No School</p>
<p>4 Cereal &amp; String Cheese</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>5 PB&amp;J Sandwich</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>6 Cheese &amp; Crackers</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>7 Sunflower Seeds, Crackers &amp; String Cheese</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>8 Muffin Assortment Hard Boiled Egg</p> <p>Vegetable Assortment Fruit Assortment</p>
<p><b>Veteran's Day</b></p>	<p>12 PB&amp;J Sandwich</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>13 Cheese &amp; Crackers</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>14 Sunflower Seeds, Crackers &amp; String Cheese</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>15 Muffin Assortment Hard Boiled Egg</p> <p>Vegetable Assortment Fruit Assortment</p>
<p>18 Cereal &amp; String Cheese</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>19 PB&amp;J Sandwich</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>20 Cheese &amp; Crackers</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>21 Sunflower Seeds, Crackers &amp; String Cheese</p> <p>Vegetable Assortment Fruit Assortment</p>	<p>22 Muffin Assortment Hard Boiled Egg</p> <p>Vegetable Assortment Fruit Assortment</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p style="text-align: center;"><b>Fall Break November 25–29</b></p>				

\*This institution is an equal opportunity provider.

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