



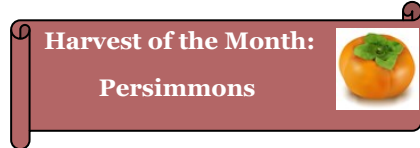
Rio School District

November

2019

Rio Del Norte Menu

Breakfast & Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Farm Fresh Fruits and Veggies offered daily</p> <p>All meals are served with Milk</p> <p>Water \$1.00 Juice \$0.50</p>				<p>1</p> <p>No School</p>
<p>4</p> <p>Bagel with Cream Cheese</p> <p>MEATLESS MONDAY</p> <p>Dia de los Muertos</p>	<p>5</p> <p>Yogurt Parfait</p> <p>Chicken Sandwich</p>	<p>6</p> <p>Egg Stravaganza with Toast</p> <p>Teriyaki Chicken</p> <p>Brown Rice</p>	<p>7</p> <p>Toasted Cheese Sandwich</p> <p>Chili Mac</p>	<p>8</p> <p>Homemade Breakfast Bread</p> <p>Pozole</p> <p>Tortilla Chips</p>
<p>Veteran's Day</p>	<p>12 Taco Tuesday!</p> <p>Fruit Smoothie</p> <p>Granola Bar</p> <p>Hard Shell Tacos</p>	<p>13</p> <p>Oatmeal</p> <p>Chicken & Waffles</p>	<p>14</p> <p>Muffins</p> <p>Hot Dog</p>	<p>15</p> <p>Scrambled Eggs With Biscuit</p> <p>Chili</p> <p>Tortilla Chips</p>
<p>18</p> <p>Cereal Assortment</p> <p>Toasted Cheese Sandwich</p> <p>MEATLESS MONDAY</p>	<p>19</p> <p>Breakfast Burrito</p> <p>Chicken Bites</p>	<p>20</p> <p>Breakfast Pizza</p> <p>Chicken and Cheese Tamale</p>	<p>21</p> <p>Homemade Breakfast Bread</p> <p>Turkey & Gravy with mashed potatoes</p>	<p>22</p> <p>Pan Dulce</p> <p>Fish Sticks</p> <p>Fries</p>
25	26	27	28	29
<p>Fall Break November 25–29</p>				

*This institution is an equal opportunity provider.

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