



Rio School District

October

2019



Rio Del Norte Menu

Breakfast & Lunch



Harvest of the Month

Harvest of the Month:
Peppers



Monday	Tuesday	Wednesday	Thursday	Friday
National School Lunch Week October 14-18	1 Yogurt Parfait Chicken Sandwich	3 Egg Stravaganza and Toast Teriyaki Chicken Brown Rice	4 Toasted Cheese Sandwich Chili Mac	5 Zucchini Muffin Hard Boiled Egg Pozole Tortilla Chips
7 French Toast Sticks Bean & Cheese Burrito	8 Taco Tuesday! Fruit Smoothie Granola Bar Hard Shell Taco	9 Oatmeal Chicken and Waffle Side Kick	10 Breakfast Bread Hot Dog	11 Scrambled Eggs & Biscuit 3 Bean Chili Tortilla Chips
14 Cereal Assortment Toasted Cheese Sandwich	15 Breakfast Burrito Chicken Bites	16 Breakfast Pizza Chicken & Cheese Tamale	17 Muffin Assortment Have lunch with your student day..... Savory Spaghettini with warm bread stick	18 Pan Dulce Wild Caught Fish Sticks Fries
21 Mini Pancakes Cheesy Nachos	22 Yogurt Parfait Hamburger Fries	23 Breakfast Croissant Turkey & Gravy with mashed potatoes	24 PB & Jelly Sandwich Orange Chicken Brown Rice	25 Fruit Smoothie Street Tacos
28 Cereal Assortment Bean & Cheese Tostada	29 Backwards Day! Breakfast Bread French Toast & Scrambled Eggs	30 Breakfast Pizza Roasted Chicken Biscuit	31 Muffin Sandwich Spooktacular Lunch	Teacher Work Day



*This institution is an equal opportunity provider.

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