



Rio School District



October  
2019

Middle School 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 & Tots Cheeseburger Tuna Sandwich	2 Egg Stravaganza and Toast Teriyaki Chicken & Rice Spicy Chicken Sandwich Pepperoni Pizza	3 Toasted Cheese Sandwich Chili Mac Cheese burger & Fries Asian Chicken Salad	4 Zucchini Muffin Hard Boiled Egg Pozole & Tortilla Chips Chicken Sandwich Spicy Bean & Cheese Burrito
7 French Toast Sticks Broccoli Alfredo Chili & Cheese Burrito Cheese Pizza	8 <b>Taco Tuesday!</b> Smoothie & Granola Bar Hard Shell Taco Hamburger & Tater tots Turkey Sandwich	9 Oatmeal Chicken & Waffles & Grams Spicy Chicken Sandwich Pepperoni Pizza	10 Breakfast Bread Hot Dog & Fries Cheeseburger & Fries Caesar Salad	11 Scrambled Eggs & Biscuit 3 Bean Chili Spicy Bean & Cheese Burrito Chicken Sandwich
14 Cinnamon Bun Toasted Cheese Sandwich Chili & Cheese Burrito Cheese Pizza	15 Breakfast Burrito Chicken Bites & Tater Tots Cheese Burger Hand & Cheese Sandwich	16 Breakfast Pizza Chicken & Cheese Tamale Spicy Chicken Sandwich Pepperoni Pizza	17 Muffin Savory Spaghetti Cheeseburger & Fries Asian Chicken Salad	18 Pan Dulce Wild Caught Fish Sticks & Fries Spicy Bean & Cheese Burrito Chicken Sandwich
21 Mini Pancakes Cheesy Nachos Chili & Cheese Burrito Cheese Pizza	22 Yogurt Parfait Hamburger & Tater Tots Cheese Enchilada Turkey Sandwich	23 Breakfast Croissant Turkey & Gravy Spicy Chicken Sandwich Pepperoni Pizza	24 PB & Jelly Sandwich Orange Chicken Brown Rice Hamburger & Fries Caesar Salad	25 Fruit Smoothie Granola Bar Street Tacos Chicken Sandwich Spicy Bean & Cheese Burrito
28 Cereal Assortment String Cheese Bean & Cheese Tostada Chili & Cheese Burrito Cheese Pizza	29 <b>Backwards Day!</b> Breakfast Bread French Toast & Eggs Cheeseburger & Tater Tots Turkey Sandwich	30 Breakfast Pizza Roasted Chicken & Biscuit Spicy Chicken Sandwich Pepperoni Pizza	31 Muffin Sandwich <b>Spooktacular Lunch</b>	<b>Farm Fresh Fruit &amp; Veggies offered Daily</b> <b>Water \$1.00</b> <b>Juice \$0.50</b>

\*This institution is an equal opportunity provider.

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