



# Rio School District

# October

## 2019



Rio Del Mar, Rio Rosales, Rio Del Sol  
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	2 Egg Stravaganza & Toast Teriyaki Chicken Brown Rice	3 Toasted Cheese Sandwich Chili Mac	4 Muffin Hard Boiled Egg Pozole Tortilla Chips
7 French Toast Sticks Bean & Cheese Burrito	8 <b>Taco Tuesday!</b> 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 <b>Have lunch with your student day.....</b> Savory Spaghettini with warm bread stick	18 Pan Dulce Wild Caught Fish Sticks Fries
21 Mini Pancakes Nachos	22 Yogurt Parfait Hamburger Tater Tots	23 Breakfast Croissant Turkey & Gravy with Mashed potatoes	24 PB & Jelly or Sunbutter Sandwich Orange Chicken Brown Rice	25 Fruit Smoothie Granola Bar Street Tacos
28 Cereal Assortment Bean & Cheese Tostada	29 <b>Backwards Day!</b> Breakfast Bread French Toast & Scrambled Eggs	30 Breakfast Pizza Roasted Chicken Biscuit	31 Muffin Sandwich <b>Spooktacular Lunch</b>	<p><b>Meal Prices</b></p> <p><b>Breakfast:</b> Reduced: \$.30 Paid: \$2.00</p> <p><b>Lunch:</b> Reduced: \$.40 Paid: \$3.00</p>

\*This institution is an equal opportunity provider.

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