



Rio School District

October

2019





Rio Real, Rio Plaza
Breakfast & Lunch



Harvest of the Month:
Peppers



Monday	Tuesday	Wednesday	Thursday	Friday
National School Lunch Week October 14-18	1 Pan Dulce String Cheese Chicken Sandwich	2 Mini Waffle Teriyaki Chicken Brown Rice	3 Bagel and Cream Cheese  Chili Mac	4 Banana Muffin Pozole Tortilla Chips
7 Mini Pancakes Bean & Cheese Burrito	8 Taco Tuesday! Yogurt Cup & Granola Bar Hard Shell Taco	9 Cinnamon Bun Chicken and Waffle Side Kick	10 Bagel Pizza  Hot Dog	11 Cereal Bar String Cheese 3 Bean Chili Tortilla chips
14 French Toast Toasted Cheese Sandwich	15 Breakfast Burrito Chicken Bites	16 Mini Cini Chicken & Cheese Tamale	17 Banana Bread  Have lunch with your student day..... Savory Spaghettini with warm bread stick	18 Mini Bagel-fulls Wild Caught Fish Sticks Fries
21 Breakfast Pizza Cheesy Nachos	22 Pan Dulce Hamburger Fries	23 Mini Waffle Turkey & Gravy Mashed Potatoes	24 Bagel and Cream Cheese  Orange Chicken Brown Rice	25 Banana Muffin Street Tacos
28 Mini Pancakes Bean & Cheese Tostada	29 Backwards Day! Yogurt Cup & Granola Bar French Toast & Scrambled Eggs	30 Cinnamon Bun Roasted Chicken Biscuit	31 Bagel Pizza  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.