



Rio School District


December







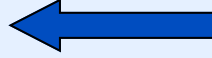
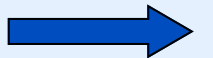


2019

Middle School Menu

Breakfast & Lunch



Harvest of the Month:
Carrots 

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 2 Mini Pancakes Nachos Chili & Cheese Burrito Cheese Pizza  | 3 Yogurt Parfait Hamburger / French Fries Cheese Enchiladas Turkey Sandwich | 4 Breakfast Croissant Spaghetti & Meatballs French Bread Pizza Spicy Chicken Sandwich | 5 PB&J Sandwich Orange Chicken / Rice  Southwest Salad Cheeseburger | 6 Fruit Smoothie Pulled Pork Tacos Spicy Bean Burrito Chicken Sandwich |
| 9 Cereal Bean & Cheese Tostada Chili & Cheese Burrito Cheese Pizza  | 10 Backwards Day ! Breakfast Bread French Toast & Eggs Hamburger / French Fries Turkey Sandwich | 11 Breakfast Pizza Roasted Chicken & Potatoes French Bread Pizza Spicy Chicken Sandwich | 12 Muffin Sandwich  Chicken Taquitos Chef Salad Cheeseburger | 13 Pan Dulce Chipotle Chicken Posole Spicy Bean Burrito Chicken Sandwich |
| 16 Bagel & Cream Cheese Baked Potato Bar Chili & Cheese Burrito Cheese Pizza  | 17 Toasted Cheese Sandwich Chicken Sandwich Hamburger / French Fries Tuna Sandwich | 18 Egg Stravaganza and Toast Teriyaki Chicken / Rice French Bread Pizza Spicy Chicken Sandwich | 19 Yogurt Parfait  Winter Wonderland Soup Toasted ham & cheese Sandwich | 20 Homemade Muffins Dominos Pizza |
| 23 | 24 | 25 | 26 | 27 |
|  Winter Break December 23rd-January 3rd  | | | | |
|  | Farm Fresh Salad Bar & Seasonal Fruit offered Daily Unflavored 1% and nonfat milk offered daily All grains offered are whole grain rich Water \$1.00 Juice \$0.50 | | |  |

*This institution is an equal opportunity provider.

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