




Rio School District







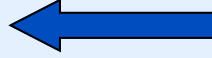
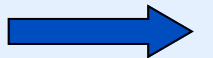


December

2019

Rio Plaza Rio Real
Breakfast & Lunch



Harvest of the Month:
Carrots 

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast  Nachos	3 Breakfast Burrito Hamburger French Fries	4 Mini Cinis Spaghetti & Meatballs	5 Banana Bread  Orange Chicken Brown Rice	6 Mini Bagel Fulls Pulled Pork Tacos
9 Breakfast Pizza  Bean & Cheese Tostada	10 Backwards Day ! Pan Dulce French Toast Bulk Scrambled Egg	11 Mini Waffle Roasted Chicken Mashed Potatoes	12 Bagel & Cream Cheese  Chicken Taquitos	13 Muffin Chipotle Chicken Posole
16 Mini Pancakes  Baked Potato Bar	17 Yogurt Cup & Granola Bar Chicken Sandwich French Fries	18 Cinnamon Bun Teriyaki Chicken Brown Rice	19 Bagel Pizza  Winter Wonderland Soup Toasted ham & cheese Sandwich	20 Breakfast Bar Dominos Pizza
23	24	25	26	27
 Winter Break December 23rd-January 3rd 				
30 	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.