



Rio School District


December

2019

Rio Del Norte Elementary

Breakfast & Lunch



Harvest of the Month:
Carrots 

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Pancakes  Nachos	3 Yogurt Parfait Hamburger French Fries	4 Breakfast Croissant Spaghetti & Meatballs	5 PB&J Sandwich  Orange Chicken Brown Rice	6 Fruit Smoothie Pulled Pork Tacos
9 Cereal  Bean & Cheese Tostada	10 Backwards Day ! Breakfast Bread French Toast Bulk Scrambled Egg	11 Breakfast Pizza Roasted Chicken Mashed Potatoes	12 Muffin Sandwich  Chicken Taquitos	13 Pan Dulce Chipotle Chicken Posole
16 Bagel & Cream Cheese  Baked Potato Bar	17 Toasted Cheese Sandwich Chicken Sandwich French Fries	18 Egg Stravaganza and Toast Teriyaki Chicken Brown Rice	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 				
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.