



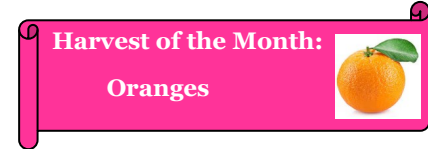
Rio School District

February

2020

Middle School Menu

Breakfast & Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Fruit Smoothie Granola Bar Chicken Sandwich Tuna Sandwich Hamburger & Tater Tots	5 Overnight Oats Teriyaki Chicken & Rice Spicy Chicken Sandwich French Bread Pizza	6 Superhero Bread  Chili Mac Oriental Chicken Salad Hamburger & Fries	7 Scrambled Eggs & Toast Posole Spicy Bean & Cheese Burrito Chicken Sandwich
10 Cereal String Cheese Broccoli Alfredo Cheese Pizza Chili & Cheese Burrito 	11 Taco Tuesday! Breakfast Burrito Chicken Soft Taco Hamburger & Fries Turkey Sandwich	12 Breakfast Pizza Chicken & Waffle Spicy Chicken Sandwich Pepperoni Pizza	13 Superhero Bread  Hot Dog Cheeseburger & Fries Chicken Caesar Salad	14 Pan Dulce  Spaghetti & Bread Stick Cupid's Salad Valentines Cookie
17 	18 Yogurt Parfait Chicken Bites Hamburger & Tater Tots Ham & Cheese Sandwich	19 Breakfast Croissant Chicken & Cheese Tamale Spicy Chicken Sandwich Pepperoni Pizza	20 Peanut Butter & Jelly Sandwich Turkey & Gravy/Mashed Potato Oriental Chicken Salad Cheeseburger & Fries 	21 Fruit Smoothie Granola Bar Chicken Noodle Soup Hot Ham & Cheese Sandwich Spicy Bean & Cheese Burrito Chicken Sandwich
24 Cereal String Cheese Nachos Cheese Pizza Chili & Cheese Burrito 	25 Muffin Chicken Enchilada Hamburger & Tater Tots Turkey & Cheese Sandwich	26 Breakfast Pizza Three Bean Chili & Chips Spicy Chicken Sandwich Pepperoni Pizza	27 Muffin Sandwich  Orange Chicken & Rice Cheeseburger & Fries Southwest Chicken Salad	28 Pan Dulce Street Taco Spicy Bean & Cheese Burrito Chicken Sandwich
	<p style="text-align: center;">Farm Fresh Vegetables & Seasonal Fruit offered Daily</p> <p style="text-align: center;">Unflavored 1% and nonfat milk offered daily. All grains offered are whole grain rich.</p> <p style="text-align: center;">Water \$1.00 Juice \$.50</p>			

*This institution is an equal opportunity provider.

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