



# Rio School District














# February

## 2020

Rio Del Mar, Rio Del Sol & Rosales  
Breakfast & Lunch



Harvest of the Month:  
Oranges 

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Fruit Smoothie  Chicken Sandwich Tater Tots	5 Overnight Oats Teriyaki Chicken Rice Asian Slaw	6 Muffin Top  Chili Mac    	7 Scramble Egg & Toast  Pozole Chips
10 Cereal & String Cheese   Bean & Cheese Burrito	11 <b>Taco Tuesday!</b> Breakfast Burrito  Chicken Soft Taco	12 Breakfast Pizza  Baked Chicken & Waffle	13 Superhero Bread   Hot Dog	14  Pan Dulce Sweetheart Spaghetti Cupid's Salad Valentine's Cookie
17 	18 Yogurt Parfait  Chicken Bites Tater Tots	19 Breakfast Croissant  Chicken Tamale Zesty Citrus Fruit Salad	20 Cereal  Turkey and Gravy Mashed Potato  	21 Fruit Smoothie Granola Bar Chicken Noodle Soup Hot Ham & Cheese Sandwich
24 Cereal Assortment Cheese Stick  Nachos	25 Homemade Muffin  Hamburger Fries	26 Breakfast Pizza  Three Bean Chili Chips	27 Muffin Sandwich   Orange Chicken Rice  	28 Pan Dulce  Street Tacos
	<p>Farm Fresh Veggies &amp; Seasonal Fruit offered Daily. Unflavored 1% and nonfat milk offered daily. All grains offered are whole grain rich.</p> <p><u>Meal Prices</u></p> <p>Breakfast: Reduced \$.30; Paid \$2.00      Lunch: Reduced \$.40; Paid \$3.00</p>			

\*This institution is an equal opportunity provider.

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