



# Rio School District

# January

## 2020






## Del Mar, Del Sol, Rosales Breakfast & Lunch Menus



Harvest of the Month: **Kale**

Chopped Kale Salad served  
on January 23



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Meal Prices</u></p> <p><b>Breakfast: Reduced \$.30 Paid \$2.00</b></p> <p><b>Lunch: Reduced \$.40 Paid \$3.00</b></p>		<p>Unflavored and 1% milk offered daily</p> <p>All grains served are whole grain rich</p>	<p>2</p>	<p>3</p>
			<p><b>Winter Break Continued...</b></p>	
<p>6</p> <p>French Toast Sticks</p> <p>Bean &amp; Cheese Burrito </p>	<p>7 <b>Taco Tuesday!</b></p> <p>Fruit Smoothie</p> <p>Granola Bar</p> <p>Hard Shell Chicken Taco</p>	<p>8</p> <p>Oatmeal</p> <p>Chicken &amp; Waffles</p>	<p>9</p> <p>Homemade Muffins </p> <p>Hot Dog</p>	<p>10</p> <p>Scrambled Eggs &amp; Biscuit</p> <p>Chili &amp; Chips</p>
<p>13</p> <p>Mini Pancakes </p> <p>Toasted Cheese Sandwich</p>	<p>14</p> <p>Yogurt Parfait</p> <p>Chicken Bites</p>	<p>15</p> <p>Breakfast Croissant</p> <p>Chicken &amp; Cheese Tamale</p> <p><b>NEW Citrus Fruit Salad</b></p>	<p>16</p> <p>PB &amp; J Sandwich </p> <p>Turkey &amp; Gravy</p> <p>Mashed Potatoes</p>	<p>17</p> <p>Fruit Smoothie</p> <p>Granola Bar</p> <p>Fish Sticks &amp; Fries</p>
<p>20</p> 	<p>21</p> <p>Superhero Bread</p> <p>Hamburger &amp; Fries</p>	<p>22</p> <p>Breakfast Pizza</p> <p>Spaghetti</p>	<p>23</p> <p>Muffin Sandwich </p> <p>Street Tacos</p>	<p>24 <b>CHINESE NEW YEAR</b></p> <p>Whole Grain Pan Dulce</p> <p>Orange Chicken </p> <p>Brown Rice</p> <p>Fortune Cookie</p>
<p>27</p> <p>Toasted Bagel &amp; Cream Cheese </p> <p>Bean &amp; Cheese Tostada</p>	<p>28 <b>Backwards Day!</b></p> <p>Breakfast Burrito</p> <p>French Toast</p> <p>Scrambled Eggs</p>	<p>29 Eggstravaganza &amp; Toast</p> <p>Roasted Chicken</p> <p>Mashed Potatoes</p> <p><b>New Chill Out Corn Salad</b></p>	<p>30</p> <p>Yogurt Parfait </p> <p>Chicken Taquitos</p> <p>Zesty Refried Beans</p>	<p>31</p> <p>Superhero Bread</p> <p>Homemade BBQ Chicken Pizza</p>

\*This institution is an equal opportunity provider.

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