












Rio School District

January 2020

Rio Del Norte Breakfast & Lunch



Harvest of the Month: **Kale**
Chopped Kale Salad served
on January 23

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Farm Fresh Veggies & Seasonal Fruit offered Daily Unflavored and 1% milk offered daily All grains offered are whole grain rich Water \$1.00 Juice \$.50</p>		1	<p>2 3 Winter Break Continued...</p>	
<p>6 French Toast Sticks  Bean & Cheese Burrito</p>	<p>7 Taco Tuesday! Fruit Smoothie Granola Bar Hard Shell Chicken Taco</p>	<p>8 Oatmeal Chicken & Waffles</p>	<p>9 Homemade Muffins  Hot Dog</p>	<p>10 Scrambled Eggs & Biscuit Chili & Chips</p>
<p>13 Mini Pancakes  Toasted Cheese Sandwich</p>	<p>14 Yogurt Parfait Chicken Bites</p>	<p>15 Breakfast Croissant Chicken & Cheese Tamale NEW Citrus Fruit Salad</p>	<p>16 PB & J Sandwich  Turkey & Gravy Mashed Potatoes</p>	<p>17 Fruit Smoothie Granola Bar Fish Sticks & Fries</p>
<p>20 </p>	<p>21 Superhero Bread Hamburger & Fries</p>	<p>22 Breakfast Pizza Spaghetti</p>	<p>23  Muffin Sandwich Street Tacos</p>	<p>24 CHINESE NEW YEAR Whole Grain Pan Dulce Orange Chicken  Brown Rice Fortune Cookie</p>
<p>27  Toasted Bagel & Cream Cheese Bean & Cheese Tostada</p>	<p>28 Backwards Day! Breakfast Burrito French Toast Scrambled Eggs</p>	<p>29 Eggstravaganza & Toast Roasted Chicken Mashed Potatoes New Chill Out Corn Salad</p>	<p>30  Yogurt Parfait Chicken Taquitos Zesty Refried Beans</p>	<p>31 Superhero Bread 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.