



# Rio School District

# January 2020












## Rio Middle School Menu

### Breakfast & Lunch

Harvest of the Month: **Kale**

Chopped Kale Salad  
served on January 23



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

\*This institution is an equal opportunity provider.

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