



Rio School District









January
2020

Rio Lindo
Breakfast & Lunch



Harvest
of the
Month

Harvest of the Month:
Kale

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 	2 3 Winter Break Continued... 	
6 PB&J Sandwich Chicken & Cheese Burrito	7 Muffin Tuna Sandwich	8 Cinnamon Bun Chicken Sandwich	9 Pan Dulce Pizza 	10 Cereal Bar & String Cheese PB&J Sandwich
13 Yogurt & Granola Bar Bean & Cheese Burrito	14 Banana Bread Tamale	15 Bagel & Cream Cheese Hamburger	16 Fat Cat Bar Pizza 	17 Pan Dulce PB&J Sandwich
20 	21 Muffin Tuna Sandwich	22 Cinnamon Bun Chicken Sandwich	23 Pan Dulce Pizza 	24 CHINESE NEW YEAR Cereal Bar & String Cheese Orange Chicken Brown Rice Fortune Cookie 
27 Bagel & Cream Cheese Bean & cCeese Burrito	28 Banana Bread Quesadilla	29 Cereal & String Cheese Hamburger	30 Yogurt & Granola Bar Taquitos Spicy Refried Beans 	31 Breakfast Bar Pizza

*This institution is an equal opportunity provider.

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