



Rio School District

January
2020

Rio Real Rio Plaza
Breakfast & Lunch Menu



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</p> <p>Unflavored and 1% milk offered daily</p> <p>All grains offered are whole grain rich</p> <p>Water \$1.00 Juice \$.50</p>		1	<p>2</p> <p>3</p> <p>Winter Break Continued...</p>	
<p>6</p> <p>French Toast</p> <p>Bean & Cheese Burrito</p> <p>MEATLESS MONDAY</p>	<p>7 Taco Tuesday!</p> <p>Breakfast Burrito</p> <p>Hard Shell Chicken Taco</p>	<p>8</p> <p>Mini Cinis</p> <p>Chicken & Waffles</p>	<p>9</p> <p>Banana Bread</p> <p>Hot Dog</p>	<p>10</p> <p>Mini Bagel Fulls</p> <p>Chili & Chips</p>
<p>13</p> <p>Breakfast Pizza</p> <p>Toasted Cheese Sandwich</p> <p>MEATLESS MONDAY</p>	<p>14</p> <p>Pan Dulce</p> <p>Chicken Bites</p>	<p>15</p> <p>Mini Waffles</p> <p>Chicken & Cheese Tamale</p> <p>NEW Citrus Fruit Salad</p>	<p>16</p> <p>Bagel & Cream Cheese</p> <p>Turkey & Gravy</p> <p>Mashed Potatoes</p>	<p>17</p> <p>Muffin</p> <p>Fish Sticks & Fries</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>Yogurt Cup & Granola Bar</p> <p>Hamburger & Fries</p>	<p>22</p> <p>Cinnamon Bun</p> <p>Spaghetti</p>	<p>23</p> <p>Bagel Pizza</p> <p>Street Tacos</p> <p>CALIFORNIA THURSDAYS</p>	<p>24 CHINESE NEW YEAR</p> <p>Breakfast Bar</p> <p>Orange Chicken</p> <p>Brown Rice</p> <p>Fortune Cookie</p>
<p>27</p> <p>French Toast</p> <p>Bean & Cheese Tostada</p> <p>MEATLESS MONDAY</p>	<p>28 Backwards Day!</p> <p>Breakfast Burrito</p> <p>French Toast</p> <p>Scrambled Eggs</p>	<p>29 Mini cinis</p> <p>Roasted Chicken</p> <p>Mashed Potatoes</p> <p>New Chill Out Corn Salad</p>	<p>30</p> <p>Banana Bread</p> <p>Chicken Taquitos</p> <p>Zesty Refried Beans</p>	<p>31</p> <p>Mini Bagel Fulls</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.