



Rio School District

January 2020

All Schools Supper Menu






Harvest
of the
Month

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>Winter Break Continued... </p>	
6 Cereal Vegetable Assortment Fruit Assortment	7 Chicken Salad with Crackers Vegetable Assortment Fruit Assortment	8 Chicken & Cheese Tamale Vegetable Assortment Fruit Assortment	9 Hamburger Vegetable Assortment Fruit Assortment	10 Turkey Sandwich Vegetable Assortment Fruit Assortment
13 PB&J Sandwich Vegetable Assortment Fruit Assortment	14 Refried Beans & Tortilla Chips Vegetable Assortment Fruit Assortment	15 Cheese Pizza Vegetable Assortment Fruit Assortment	16 Chicken Soft Taco Vegetable Assortment Fruit Assortment	17 Chicken Sandwich Vegetable Assortment Fruit Assortment
20 	21 Breadsticks with Marinara Sauce Vegetable Assortment Fruit Assortment	22 Bean & Cheese Burrito Vegetable Assortment Fruit Assortment	23 Cereal Vegetable Assortment Fruit Assortment	24 Trail Mix Vegetable Assortment Fruit Assortment
27 Muffin / Hard Boiled Egg Vegetable Assortment Fruit Assortment	28 Toasted Cheese Sandwich Vegetable Assortment Fruit Assortment	29 Tuna Sandwich Vegetable Assortment Fruit Assortment	30 Pretzels, Sunflower Seeds & Cheese Stick Vegetable Assortment Fruit Assortment	31 PB&J Sandwich Vegetable Assortment Fruit Assortment

*This institution is an equal opportunity provider.

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