



# Rio School District

# March

## 2020












## Rio Middle School

### Breakfast & Lunch



Harvest of the Month:  
**Broccoli**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Egg stravananza &amp; Toast Tosatada Cheese Pizza Chile &amp; Cheese Burrito</p> 	<p>3 Yogurt Parfait Roasted Chicken Mashed Potato Hamburger &amp; Tater Tots Turkey Sandwich</p>	<p>4 <b>Dr. Seuss Day</b> Toasted Bagels &amp; Cream Cheese Green Eggs &amp; Ham, Toast Spicy Chicken Sandwich French Bread Pizza</p> 	<p>5 Toasted Cheese Sandwich Taquito &amp; Refried Beans Cheeseburger &amp; Fries Chef Salad</p> 	<p>6 Homemade Muffin Co-jack Cheese Stick  French Bread Pizza Spicy Bean &amp; Cheese Burrito Chicken sandwich</p>
<p>9 French Toast Sticks Baked Potato Bar Cheese Pizza Chile &amp; Cheese Burrito</p> 	<p>10 Fruit Smoothie Granola Bar Chicken Sandwich Hamburger &amp; Tater Tots Tuna Sandwich</p>	<p>11 Overnight Oats Fruit topping Teriyaki Chicken &amp; Rice Spicy Chicken Sandwich French Bread Pizza</p>	<p>12 Homemade Bread BBQ Pulled Pork Sandv Cheeseburger &amp; Fries Oriental Chicken Salad</p> 	<p>13 Scrambled Egg &amp; Toast  Chicken Taco Spicy Bean &amp; Cheese Burrito Chicken sandwich</p>
<p>16 Cereal Assortment String Cheese Bean &amp; Cheese Burrito Cheese Pizza Chile &amp; Cheese Burrito</p> 	<p>17 <b>St. Patrick's Day</b> Breakfast Burrito Leprechaun Pozole &amp; Chips Shamrock Cookies Hamburger &amp; Tater Tots</p>	<p>18 Breakfast Pizza Chicken and Waffles Spicy Chicken Sandwich French Bread Pizza</p>	<p>19 Homemade Muffin Hot Dog Cheeseburger &amp; Fries Chicken Caesar Salad</p> 	<p>20 Whole Grain Pan Dulce Three Bean Chili &amp; Chips Spicy Bean &amp; Cheese Burrito Chicken sandwich</p>
<p>23 Mini Pancakes  Toasted Cheese Sandwich Cheese Pizza Chile &amp; Cheese Burrito</p> 	<p>24 Yogurt Parfait  Chicken Bites Hamburger &amp; Tater Tots Ham Sandwich</p>	<p>25 Breakfast Croissant  Tamale Spicy Chicken Sandwich French Bread Pizza</p>	<p>26 Peanut Butter &amp; Jelly Sandwich  Fiesta Turkey &amp; Rice Cheeseburger &amp; Fries Oriental Chicken Salad</p> 	<p>27 Fruit Smoothie Granola Bar Fish Sticks Fries &amp; Side Kick Spicy Bean &amp; Cheese Burrito Chicken sandwich</p>
<p>30 Cereal Co-jack Cheese Stick Cheese Nachos Cheese Pizza Chile &amp; Cheese Burrito</p> 	<p>31 Homemade Muffin Enchilada Bowl Hamburger &amp; Fries Turkey Sandwich</p>	<p style="text-align: center;"><b>Farm Fresh Salad Bar &amp; Seasonal Fruit offered Daily</b>  <b>Unflavored 1% and nonfat offered daily. All grains offered are whole grain rich.</b>  <b>Water \$1.00    Juice \$0.50</b></p> 		

\*This institution is an equal opportunity provider

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