



# Rio School District

# March 2020

## Rio Del Mar, Del Sol & Rosales Breakfast & Lunch










Harvest  
of the  
Month

Harvest of the Month:

Broccoli



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Egg stravananza &amp; Toast</p> <p>MEATLESS MONDAY</p> <p>Bean Toastada Cilantro Rice</p>	<p>3 Yogurt Parfait</p> <p>Roasted Chicken Mashed Potato</p>	<p>4 <b>Dr. Seuss Day</b> Toasted Bagels &amp; Cream Cheese</p> <p>Green Eggs &amp; Ham Toast</p> 	<p>5 Toasted Cheese Sandwich</p> <p>Taquito Refried Beans</p> 	<p>6 Homemade Muffin Co-jack Cheese Stick</p> <p>Homemade French Bread Pizza</p>
<p>9 French Toast Sticks</p> <p>Baked Potato Bar</p> <p>MEATLESS MONDAY</p>	<p>10 Fruit Smoothie Granola Bar Chicken Sandwich</p>	<p>11 Overnight Oats Fruit topping</p> <p>Teriyaki Chicken Brown Rice</p>	<p>12 Homemade Bread</p> <p>BBQ Pulled Pork Sandwich</p> 	<p>13 Scrambled Egg and Toast</p> <p>Chicken Taco</p>
<p>16 Cereal Assortment String Cheese Bean &amp; Cheese Burrito</p> <p>MEATLESS MONDAY</p>	<p>17 <b>St. Patrick's Day</b> Breakfast Burrito Leprechaun Pozole &amp; Chips Shamrock Cookies</p>	<p>18 Breakfast Pizza</p> <p>Chicken and Waffles</p>	<p>19 Homemade Muffin</p> <p>Hot Dog</p>  	<p>20 Whole Grain Pan Dulce</p> <p>Three Bean Chili Chips</p>
<p>23 Mini Pancakes</p> <p>Toasted Cheese Sandwich</p> <p>MEATLESS MONDAY</p>	<p>24 Yogurt Parfait Chicken Bites Tater Tots</p>	<p>25 Breakfast Croissant</p> <p>Tamale</p>	<p>26 Peanut Butter &amp; Jelly Sandwich Fiesta Turkey Cilantro Rice</p> 	<p>27 Fruit Smoothie Granola Bar Fish Sticks Fries Refreshing Side Kick</p>
<p>30 Cereal Co-jack Cheese Stick</p> <p>Cheese Nachos</p> <p>MEATLESS MONDAY</p>	<p>31 Homemade Muffin Hamburger Fries</p>	<p><b>Farm Fresh Veggies &amp; Seasonal Fruit offered Daily. Unflavored 1% and non-fat offered daily. All grains offered are whole grain rich.</b></p> <p><b>Meal Prices</b></p> <p><b>Breakfast: Reduced \$.30; Paid \$2.00    Lunch: Reduced \$.40; Paid \$3.00</b></p> 		

\*This institution is an equal opportunity provider

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