



Rio School District

Elementary Schools Breakfast & Lunch

September

2021



Harvest of the Month

Harvest of the Month:

Tomatoes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seasonal Fruit and Farm Fresh Vegetables offered daily</p> <p>Unflavored 1% and nonfat milk offered daily</p> <p>All grains offered are whole grain rich</p> <p>Water \$1.00 Juice \$.50</p>		<p>1 Oatmeal</p> <p>Chicken & Cheese Tamale</p> <p>Orange Slices</p> <p>Steamed Broccoli</p>	<p>2 Homemade Breakfast Muffin</p> <p>Turkey & Gravy </p> <p>Mashed Potatoes</p> <p>Banana</p>	<p>3 Scrambled Eggs & Biscuit</p> <p>Crunchy Fish Sticks</p> <p>Tater Tots</p> <p>Peach</p>
<p>6 happy LABOR day </p>	<p>7 Breakfast Burrito</p> <p>Hamburger</p> <p>Lettuce/tomato/pickle cup</p> <p>Cantalope</p>	<p>8 Breakfast Pizza</p> <p>Hearty Homemade Spaghetti</p> <p>Orange Slices</p> <p>Crispy Green Salad</p>	<p>9 PB&J or Sunbutter Sandwich</p> <p>Orange Chicken /Brown Rice</p> <p>Grapes</p> <p>Steamed Cauliflower </p>	<p>10 Fruit Smoothie</p> <p>Carne Asada Street Tacos</p> <p>Plum</p> <p>Lettuce/tomato/cheese cup</p>
<p>13 Mini Waffle </p> <p>Tostada</p> <p>Lettuce/tomato/cheese cup</p> <p>Apple slices</p>	<p>14 BACKWARDS DAY</p> <p>Homemade Breakfast Muffin</p> <p>French toast with scrambled eggs / Orange slices</p> <p>Sliced cucumbers</p>	<p>15 Yogurt Parfait</p> <p>Roasted Chicken</p> <p>Savory Rice</p> <p>Kiwi</p> <p>Peas</p>	<p>16 English Muffin Breakfast Sandwich</p> <p>Chicken Taquitos</p> <p>Refried Beans</p> <p>Banana</p> <p>Carrot Sticks</p>	<p>17 Pan Dulce</p> <p>Homemade Pizza</p> <p>Honeydew Melon</p> <p>Crispy Green Salad</p>
<p>20 Mini Pancakes </p> <p>Baked Potato with toppings</p> <p>Apple</p> <p>Carrot/celery sticks</p>	<p>21 Eggstravanga with Toast</p> <p>Chicken Sandwich</p> <p>Fries</p> <p>Plum</p>	<p>22 Croissant Breakfast Sandwich</p> <p>Teriyaki Chicken with Rice</p> <p>Banana</p> <p>Steamed Broccoli</p>	<p>23 Cereal </p> <p>Chili Mac</p> <p>Orange Slices</p> <p>Jicama</p>	<p>24 Homemade Breakfast Muffin</p> <p>Chipotle Chicken Posole</p> <p>Grapes</p> <p>Cabbage/radish cups</p>
<p>27 Bagel & Cream Cheese</p> <p>Green Chili & Cheese Burrito</p> <p>Apple </p> <p>Carrot/Celery Sticks</p>	<p>28 TACO TUESDAY</p> <p>Yogurt Parfait</p> <p>Taco</p> <p>Banana</p> <p>Lettuce/cheese/tomato cup</p>	<p>29 Eggstravnza with Toast</p> <p>Chicken & Waffle</p> <p>Plum</p> <p>Tasty Green Beans</p>	<p>30 Toasted Cheese Sandwich</p> <p>Hot Dog</p> <p>Watermelon </p> <p>Sliced Cucumbers</p>	<p>All Students Eat Free For The 2021—2022 School Year</p>

*This institution is an equal opportunity provider.

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