











# Rio School District

# September 2021



Harvest  
of the  
Month

**Harvest of the Month:**  
Tomatoes 

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seasonal Fruit and Farm Fresh Vegetables offered daily</b></p> <p><b>Unflavored 1% and nonfat milk offered daily</b></p> <p><b>All grains offered are whole grain rich</b></p> <p><b>Water \$1.00 Juice \$.50</b></p>		<p>1 Oatmeal</p> <p>Chicken &amp; Cheese Tamale</p> <p>Spicy Chicken Sandwich</p> <p>French Bread Pizza</p>	<p>2 Homemade Breakfast Muffin </p> <p>Turkey &amp; Gravy</p> <p>Hamburger</p> <p>Oriental Chicken Salad</p>	<p>3 Scrambled Eggs &amp; Biscuit</p> <p>Crunchy Fish Sticks</p> <p>Spicy Bean &amp; Cheese Burrito</p> <p>Chicken Sandwich</p>
<p>6 <b>happy LABOR day</b> </p>	<p>7 Breakfast Burrito</p> <p>Chicken &amp; Cheese Enchilada</p> <p>Hamburger</p> <p>Turkey Sandwich</p>	<p>8 Breakfast Pizza</p> <p>Hearty Homemade Spaghetti</p> <p>Spicy Chicken Sandwich</p> <p>French Bread Pizza</p>	<p>9 PB&amp;J or Sunbutter Sandwich </p> <p>Orange Chicken /Brown Rice</p> <p>Hamburger</p> <p>Southwest Chicken Salad</p>	<p>10 Fruit Smoothie</p> <p>Carne Asada Street Tacos</p> <p>Spicy Bean &amp; Cheese Burrito</p> <p>Chicken Sandwich</p>
<p>13 Mini Waffle </p> <p>Tostada</p> <p>Green Chili &amp; cheese Burrito</p> <p>Cheese Pizza</p>	<p>14 <b>BACKWARDS DAY</b></p> <p>Breakfast Muffin</p> <p>French toast with scrambled eggs</p> <p>Ham Croissant Sandwich</p> <p>Hamburger</p>	<p>15 Yogurt Parfait</p> <p>Roasted Chicken</p> <p>Savory Rice</p> <p>Spicy Chicken Sandwich</p> <p>French Bread Pizza</p>	<p>16 English Muffin Breakfast Sandwich </p> <p>Chicken Taquitos</p> <p>Refried Beans</p> <p>Hamburger</p> <p>Chef Salad</p>	<p>17 Pan Dulce</p> <p>Homemade Pizza</p> <p>Spicy Bean &amp; Cheese Burrito</p> <p>Chicken Sandwich</p>
<p>20 Mini Pancakes </p> <p>Baked Potato with toppings</p> <p>Green Chili &amp; cheese Burrito</p> <p>Cheese Pizza</p>	<p>21 Eggstravanga with Toast</p> <p>Chicken Sandwich</p> <p>Tuna Sandwich</p> <p>Hamburger</p>	<p>22 Croissant Breakfast Sandwich</p> <p>Teriyaki Chicken with Rice</p> <p>Spicy Chicken Sandwich</p> <p>French Bread Pizza</p>	<p>23 Cereal </p> <p>Chili Mac</p> <p>Hamburger</p> <p>Oriental Chicken Salad</p>	<p>24 Homemade Breakfast Muffin</p> <p>Chipotle Chicken Posole</p> <p>Spicy Bean &amp; Cheese Burrito</p> <p>Chicken Sandwich</p>
<p>27 Bagel &amp; Cream Cheese</p> <p>Green Chili &amp; Cheese Burrito</p> <p>Broccoli Alfredo </p> <p>Cheese Pizza</p>	<p>28 <b>TACO TUESDAY</b></p> <p>Yogurt Parfait</p> <p>Taco</p> <p>Turkey Sandwich</p> <p>Hamburger</p>	<p>29 Eggstravnza with Toast</p> <p>Chicken &amp; Waffle</p> <p>Spicy Chicken Sandwich</p> <p>French Bread Pizza</p>	<p>30 Toasted Cheese Sandwich</p> <p>Hot Dog</p> <p>Chicken Cesar Salad</p> <p>Hamburger</p>	<p><b>All Students Eat Free For The 2021—2022 School Year</b></p>

\*This institution is an equal opportunity provider.

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