



# Rio School District

**Rio Plaza    Rio Real**  
**Breakfast & Lunch**

# September

## 2021



**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 Cinnamon Bun</p> <p>Chicken &amp; Cheese Tamale</p> <p>Orange Slices</p> <p>Steamed Broccoli</p>	<p>2 Bagel Pizza</p> <p>Turkey &amp; Gravy</p> <p>Mashed Potatoes</p> <p>Banana</p>	<p>3 Breakfast Bar</p> <p>Crunchy Fish Sticks</p> <p>Tater Tots</p> <p>Peach</p>
<p>6</p> <p style="text-align: center;"><b>happy LABOR day</b></p>	<p>7 Breakfast Burrito</p> <p>Hamburger</p> <p>Lettuce/tomato/pickle cup</p> <p>Cantalope</p>	<p>8 Mini Cini</p> <p>Hearty Homemade Spaghetti</p> <p>Orange Slices</p> <p>Crispy Green Salad</p>	<p>9 Banana Bread</p> <p>Orange Chicken /Brown Rice</p> <p>Grapes</p> <p>Steamed Cauliflower</p>	<p>10 Mini Bagel-fuls</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 <b>BACKWARDS DAY</b></p> <p>Bagel &amp; Cream Cheese</p> <p>French toast with scrambled eggs / Orange slices</p> <p>Sliced cucumbers</p>	<p>15 Yogurt &amp; Granola Bar</p> <p>Roasted Chicken</p> <p>Savory Rice</p> <p>Kiwi</p> <p>Peas</p>	<p>16 Cereal</p> <p>Chicken Taquitos</p> <p>Refried Beans</p> <p>Banana</p> <p>Carrot Sticks</p>	<p>17 Cinnamon Bun</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 Yogurt &amp; Granola Bar</p> <p>Chicken Sandwich</p> <p>Fries</p> <p>Plum</p>	<p>22 Pan Dulce</p> <p>Teriyaki Chicken with Rice</p> <p>Banana</p> <p>Steamed Broccoli</p>	<p>23 Breakfast Burrito</p> <p>Chili Mac</p> <p>Orange Slices</p> <p>Jicama</p>	<p>24 Pizza Bagel</p> <p>Chipotle Chicken Posole</p> <p>Grapes</p> <p>Cabbage/radish cups</p>
<p>27 Breakfast Pizza</p> <p>Green Chili &amp; Cheese</p> <p>Burrito</p> <p>Apple</p> <p>Carrot/Celery Sticks</p>	<p>28 <b>TACO TUESDAY</b></p> <p>Pan Dulce</p> <p>Taco</p> <p>Banana</p> <p>Lettuce/cheese/tomato cup</p>	<p>29 Mini Waffle</p> <p>Chicken &amp; Waffle</p> <p>Plum</p> <p>Tasty Green Beans</p>	<p>30 Bagel &amp; Cream Cheese</p> <p>Hot Dog</p> <p>Watermelon</p> <p>Sliced Cucumbers</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.