



Rio School District



OCTOBER
2021

Middle School
Breakfast & Lunch



Harvest
of the
Month

Harvest of the Month:
Peppers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National School Lunch Week October 11—15</p>	<p>All Students Eat Free For The 2021—2022 School Year</p>	<p>Seasonal Fruit and Farm Fresh Vegetables offered daily Unflavored 1% and nonfat milk offered daily All grains offered are whole grain rich Water \$1.00 Juice \$.50</p>		<p>1 Pan Dulce Chili beans & cornbread Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>4 French Toast Sticks Toasted Cheese Sandwich Green Chili & cheese Burrito Cheese Pizza</p>	<p>5 Fruit Smoothie Chicken Bites Ham Croissant Sandwich Hamburger</p>	<p>1 6 Oatmeal Chicken & Cheese Tamale Spicy Chicken Sandwich French Bread Pizza</p>	<p>7 Homemade Breakfast Muffin Turkey & Gravy Hamburger Oriental Chicken Salad</p>	<p>8 Scrambled Eggs & Biscuit Crunchy Fish Sticks Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>11 Cereal Nachos Green Chili & cheese Burrito Cheese Pizza</p>	<p>12 Breakfast Burrito Chicken & Cheese Enchilada Hamburger Turkey Sandwich</p>	<p>13 Breakfast Pizza Hearty Homemade Spaghetti Spicy Chicken Sandwich French Bread Pizza</p>	<p>9 14 PB&J or Sunbutter Sandwich Orange Chicken /Brown Rice Hamburger Southwest Chicken Sal: </p>	<p>15 Fruit Smoothie Carnitas Street Tacos Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>18 Mini Waffle Tostada Green Chili & cheese Burrito Cheese Pizza</p>	<p>19 BACKWARDS DAY Breakfast Muffin French toast with scrambled eggs Ham Croissant Sandwich Hamburger</p>	<p>20 Yogurt Parfait Roasted Chicken Savory Rice Spicy Chicken Sandwich French Bread Pizza</p>	<p>16 21 English Muffin Breakfast Sandwich Chicken Taquitos Hamburger Chef Salad</p>	<p>17 22 Pan Dulce Homemade Pizza Spicy Bean & Cheese Burrito Chicken Sandwich</p>
<p>25 Mini Pancakes Baked Potato with toppings Green Chili & cheese Burrito Cheese Pizza</p>	<p>26 Eggstravanga with Toast Chicken Sandwich Tuna Sandwich Hamburger</p>	<p>27 Croissant Breakfast Sandwich Teriyaki Chicken with Rice Spicy Chicken Sandwich French Bread Pizza</p>	<p>28 Cereal Chili Mac Hamburger Oriental Chicken Salad</p>	<p>29 Homemade Muffin Spooktacular Lunch </p>

*This institution is an equal opportunity provider.

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