DECEMBER 2021

Rio School District's Plaza/Real Menu for Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEASONAL FRUIT AND FARM FRESH VEGETABLES OFFERED DAILY UNFLAVORED 1% AND NONFAT MILK OFFERED DAILY ALL GRAINS OFFERED ARE WHOLE GRAIN RICH		1 PAN DULCE ROASTED CHICKEN GARDEN FRESH FRUIT & VEGETABLES	2 BREAKFAST BURRITO CHICKEN TAQUITOS GARDEN FRESH FRUIT & VEGETABLES	3 BAGEL PIZZA HOMEMADE PIZZA GARDEN FRESH FRUIT & VEGETABLES
6 BREAKFAST PIZZA BAKED POTATO BAR GARDEN FRESH FRUIT & VEGETABLES	7 PAN DULCE RIO CHICKEN SANDWICH GARDEN FRESH FRUIT & VEGETABLES PUMPKIN CARROT MUFFIN	8 MINI WAFFLE TERIYAKI CHICKEN GARDEN FRESH FRUIT & VEGETABLES	9 TOASTED BAGEL CHILI MAC GARDEN FRESH FRUIT & VEGETABLES	10 MUFFIN RIO CHIPOTLE CHICKEN POSOLE GARDEN FRESH FRUIT & VEGETABLES
13 FRENCH TOAST GREEN CHILI & CHEESE BURRITO GARDEN FRESH FRUIT & VEGETABLES	14 RIO YOGURT HARD SHELL TACO GARDEN FRESH FRUIT & VEGETABLES	15 CINNAMON BUN CHICKEN & WAFFLE GARDEN FRESH FRUIT & VEGETABLES	16 BAGEL PIZZA HOT DOG GARDEN FRESH FRUIT & VEGETABLES CARROT & ORANGE SALAD	17 CINNAMON TOAST CRUNCH CHILI FRIES GARDEN FRESH FRUIT & VEGETABLES
20	21	22	23	24

Winter Break: December 20- January 2

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*MENU SUBJECT TO CHANGE. ENTREE CHOICES ARE NOT GUARANTEED THROUGHOUT THE ENTIRE MEAL SERVICE

Happy Holidays from Rio Schools To You & Your Family!

- Meatless Mondays
- Homemade
- Harvest of the Month

Water- $1.00

Juice- $0.50

ALL STUDENTS EAT FREE FOR THE 2021-2022 SCHOOL YEAR

Harvest of the Month:
CARROTS