

JANUARY 2023

RIO DEL ORO ELEMENTARY SCHOOL

PROJECT RESILIENCE SNACK

Questions or concerns
Contact Nutrition Services
(530) 743-4428 or
mdelong@plUSD.org

Monday

Tuesday

Wednesday

Thursday

Friday

2

NO SCHOOL

Goldfish Pretzels³

= 1G

Milk = 8oz

*Students must take all items

4

Muffin = 2G

Milk = 8oz

*Students must take all items

5

Snack Mix = 1G

Milk = 8oz

*Students must take all items

6

UBR = 2G

Milk = 8oz

*Students must take all items

Goldfish Crackers⁹

= 1G

Juice = 3/4C F

*Students must take all items

Bagel = 2G¹⁰

w/ cream cheese

Milk = 8oz

*Students must take all items

11

Pretzel Twists = 1G

Milk = 8oz

*Students must take all items

Tortilla Chips = 1G²

w/ salsa = 1/4C V

Juice = 3/4C

*Students must take all items

Rice Krispies Treat¹³

= 1G

Milk = 8oz

*Students must take all items

16

NO SCHOOL

Grahams = 1G¹⁷

Juice = 3/4C F

*Students must take all items

18

Pop tart = 1G

Milk = 8oz

*Students must take all items

19

Cheez Its = 1G

Juice = 3/4C F

*Students must take all items

20

Cereal Bar = 1G

Milk = 8oz

*Students must take all items

Goldfish Pretzels²³

= 1G

Milk = 8oz

*Students must take all items

24

Muffin = 2G

Milk = 8oz

*Students must take all items

25

Snack Mix = 1G

Milk = 8oz

*Students must take all items

26

UBR = 2G

Milk = 8oz

*Students must take all items

27

Bagel = 2G²⁷

w/ cream cheese

Milk = 8oz

*Students must take all items

Rice Krispies Treat³⁰

= 1G

Milk = 8oz

*Students must take all items

Goldfish Crackers³¹

= 1G

Juice = 3/4C F

*Students must take all items

Please be advised – All menus are subject to change without notice due to ongoing nationwide food supply shortages and product unavailability. We will continue our best efforts to serve our students with the best products available.

We appreciate your patience and understanding as we work with our distributors to navigate through the shortages.

USDA is an equal opportunity provider, employer, and lender.