



BREAKFAST

MARCH 2023

RIO DEL ORO ELEMENTARY SCHOOL

Questions or concerns
Contact Nutrition Services
(530) 743-4428 or
rdeloro@alUSD.org

Monday



Tuesday

Wednesday

Thursday

Friday

6

Mini Pancakes
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

13

Pancake Wrap
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

20

Apple Frudel
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

27

Assorted Muffins
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

7

Turkey Sausage
Breakfast Pizza
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

14

Buttermilk Bar
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

21

Parfait & Granola
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

28

Mini Pancakes
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

1

Apple Frudel
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

8

Assorted Muffins
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

15

Mini Cinni
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

22

French Toast Sticks
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

29

Turkey Sausage
Breakfast Pizza
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

2

Hop on Pop Tarts
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

9

Buttermilk Bar
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

16

Mini Waffles
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

23

Pop Tarts
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

30

Buttermilk Bar
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

3

Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

10

Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

17

Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

24

Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

31

Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

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.

All meals are served with the choice of 1% white milk or nonfat chocolate milk.

Monday



Pizza Pocket **6**
Or Chimi Nada
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Chicken Sandwich **13**
Or Sunbutter & Jelly Sandwich
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Mini Corn Dogs **20**
Or Soft Pretzel w/ Cheese
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Pizza Pocket **27**
Or Chimi Nada
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Tuesday

Beef Taco Stick **7**
Or Bean & Cheese Burrito
Refried Beans
Broccoli – Salad - Carrots
Orange – Diced Pears
Goldfish Crackers

Twin Cheeseburgers **14**
Or Grilled Cheese Sandwich
Steamed Corn – Baked Beans
Baby Carrots – Salad
Orange – Diced Pears
Chips

Taco Pocket **21**
Or Bean & Cheese Pupusa
Elote Corn – Salsa – Sour Cream
Baby Carrots – Salad
Orange – Diced Pears
Tortilla Chips

Beef Taco Stick **28**
Or Bean & Cheese Burrito
Refried Beans
Broccoli – Salad - Carrots
Orange – Diced Pears
Goldfish Crackers

Wednesday

Ham & Cheese Melt **1**
Or Grilled Cheese Sandwich
Steamed Corn
Broccoli – Salad - Carrots
Pear – Diced Peaches
Fruit Roll Up

Corn Dog **8**
Or Cheese Pull Apart
Steamed Peas
Broccoli – Salad - Carrots
Pear – Diced Peaches
Chips

Orange Chicken Rice Bowl **15**
Or Edamame & Rice Bowl
Stir Fry Veggies
Baby Carrots – Salad
Apple – Mixed Fruit
Ice Cream Cup

Ham & Cheese Melt **22**
Or Grilled Cheese Sandwich
Steamed Corn
Broccoli – Salad - Carrots
Pear – Diced Peaches
Fruit Roll Up

Corn Dog **29**
Or Cheese Pull Apart
Steamed Peas
Broccoli – Salad - Carrots
Pear – Diced Peaches
Chips

Thursday

ABC Nuggets **2**
Or Sunbutter & Jelly Sandwich
Truffula Trees
Green Salad – Baby Carrots
Apple - Mixed Fruit
Green Egg Cookie

Hamburger **9**
Or Sunbutter & Jelly Sandwich
Roasted Broccoli
Baby Carrots – Salad
Apple – Mixed Fruit
Rice Krispie Treat

Shamrock Nuggets **16**
Mac & Cheese
Steamed Peas
Broccoli – Green Salad - Carrots
Green Pear – Diced Peaches
Shamrock Cookie

Pop Corn Chicken **23**
Or Sunbutter & Jelly Sandwich
Mashed Potatoes – Baby Carrots
Shredded Lettuce - Tomatoes
Apple - Mixed Fruit
Ice Cream Cup

Hamburger **30**
Or Sunbutter & Jelly Sandwich
Roasted Broccoli
Baby Carrots – Salad
Apple – Mixed Fruit
Rice Krispie Treat

Friday

Domino's Smart Slice Cheese **3**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

Domino's Smart Slice Cheese **10**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

Domino's Smart Slice Cheese **17**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

Domino's Smart Slice Cheese **24**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

Domino's Smart Slice Cheese **31**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

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