

AUGUST 2022

Rio Del Oro Elementary School

Extended Learning Opportunities Program Snack

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

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

24

25

26

Cereal Bar = 1G
Milk = 8oz

*Student must take all items

Pretzels = 1G
Juice = 3/4C F

*Student must take all items

Cereal = 1G
Milk = 8oz

*Student must take all items

29

30

31

Benefit Bar = 2G
Milk = 8oz

*Student must take all items

Tortilla Chips = 1G
w/ salsa = 1/4C V
Juice = 3/4C F

*Student must take all items

Peach = 3/4C F
Cheese Stick = 8oz

*Student 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.