

Monday
Tuesday
Wednesday
Thursday
Friday

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

8

15

22
Blueberry Muffin
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

29
Mini Waffles
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

2

9

16

23
Cherry Frudel
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

30
Cereal Bar &
String Cheese
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

3

10

17

24
Buttermilk Bar
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

31
Bagel Mini Strawberry
Creamy Cheese Filled
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

4

11

18
First Day of School
French Toast Sticks
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

25
Turkey Sausage
Breakfast Pizza
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

5

12

19
Mini Cinnis
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit &
Juice

26
Mini Cinnis
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.



AUGUST 2022

Rio Del Oro Elementary School

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

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26

29

30

31

Corn Dog
Or Pull Apart
Green Beans
Baby Carrots – Garden Salad
Apple – Pineapple Chunks
Fruit Roll Up

Orange Chicken Bowl
Or Black Bean & Rice Bowl
Stir Fry Veggies
Broccoli Salad– Green Salad
Orange – Diced Pears
Ice Cream Cup

Popcorn Chicken
Or Macaroni & Cheese
Steamed Corn
Celery Sticks – Spinach Salad
Peach – Diced Peaches
Goldfish Crackers

Chicken Sandwich
Or Bean & Cheese Burrito
Whole Beans
Baby Carrots
Southwestern Salad
Apple – Mixed Fruit
Chips

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

Taco Pocket
Or Cheese Quesadilla
Refried Beans
Southwestern Salad
Apple – Pineapple Chunks
Ice Cream Cup

Sub Sandwich or
Sunbutter & Jelly Sandwich
Tater Tots
Baby Carrots – Garden Salad
Orange – Mixed Fruit
Fruit Roll Up

Hamburger
Or Grilled Cheese
Green Beans
Celery Sticks – Spinach Salad
Peach – Diced Peaches
Chips



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