

# MAY 2023

## RIO DEL ORO PROJECT RESILIENCE SNACK

Questions or concerns  
Contact Nutrition Services  
(530) 743-4428 or  
[mdelong@plused.org](mailto:mdelong@plused.org)

**Monday**

**Goldfish Crackers**  
= 1G

Juice = 3/4C F

\*Students must take all items

**Tuesday**

**Bagel = 2G**

w/ cream cheese

Milk = 8oz

\*Students must take all items

**Wednesday**

**Pretzel Twists = 1G**

Juice = 3/4C F

\*Students must take all items

**Thursday**

**Tortilla Chips = 1G**

w/ salsa = 1/4C V

Juice = 3/4C

\*Students must take all items

**Friday**

**UBR = 2G**

Milk = 8oz

\*Students must take all items

**Rice Krispies Treat**

= 1G

Milk = 8oz

\*Students must take all items

**Grahams = 1G**

Juice = 3/4C F

\*Students must take all items

**Pop tart = 1G**

Milk = 8oz

\*Students must take all items

**Cheez Its = 1G**

Juice = 3/4C F

\*Students must take all items

**Cereal Bar = 1G**

Milk = 8oz

\*Students must take all items

**Goldfish Pretzels**

= 1G

Juice = 3/4C F

\*Students must take all items

**Chocolate Chip  
Oatmeal Bar = 1G**

Milk = 8oz

\*Students must take all items

**Snack Mix = 1G**

Juice = 3/4C

\*Students must take all items

**Muffin = 2G**

Milk = 8oz

\*Students must take all items

**Apple = 3/4C F**

Milk = 8oz

\*Students must take all items

**Goldfish Crackers**

= 1G

Juice = 3/4C F

\*Students must take all items

**Bagel = 2G**

w/ cream cheese

Milk = 8oz

\*Students must take all items

**Pretzel Twists = 1G**

Juice = 3/4C F

\*Students must take all items

**Tortilla Chips = 1G**

w/ salsa = 1/4C V

Juice = 3/4C

\*Students must take all items

**UBR = 2G**

Milk = 8oz

\*Students must take all items

**NO SCHOOL**

**Grahams = 1G**

Juice = 3/4C F

\*Students must take all items

**Pop tart = 1G**

Milk = 8oz

\*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.

