



BREAKFAST

NOVEMBER 2022

Rio Del Oro Elementary School

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

Monday

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

Tuesday

Wednesday

Thursday

Friday

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

1
Buttermilk Bar
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

2
Mini Pancakes
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

3
Blueberry Muffin
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

4
Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

7
Apple Frudel
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

8
Pancake Wrap
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

9
Chocolate Muffin
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

10
French Toast Sticks
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

11
NO SCHOOL

14
Pop Tarts
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

15
Bagel Mini Strawberry
Creamy Cheese Filled
Or Cereal
Variety of Fruit & Juice

16
Turkey Sausage
Breakfast Pizza
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

17
Pumpkin Muffin
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

18
Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

21
NO SCHOOL

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

25
NO SCHOOL

28
Mini Cinnis
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

29
Mini Waffles
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



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.

Monday

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

Chicken Double Dogs **7**
Or Grilled Cheese Sandwich
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Pizza Pocket **14**
Or Chimi Nada
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

21
NO SCHOOL

Chicken Taquitos or Quesadilla Bean & Cheese **28**
Black Beans
Baby Carrots – Salad
Apple – Diced Pears
Goldfish Crackers

Tuesday

Orange Chicken Rice Bowl **1**
Or Black Bean & Rice Bowl
Stir Fry Veggies
Baby Carrots – Salad
Apple – Pineapple Chunks
Ice Cream Cup

Taco Pocket **8**
Or Bean & Cheese Pupusa
Elote Corn – Salsa – Sour Cream
Celery Sticks – Salad
Orange – Diced Pears
Tortilla Chips

Beef Taco Stick **15**
Or Bean & Cheese Burrito
Refried Beans-Salsa-Sour Cream
Celery Sticks – Salad
Orange – Diced Pears
Tortilla Chips

22
NO SCHOOL

Orange Chicken Rice Bowl **29**
Or Black Bean & Rice Bowl
Stir Fry Veggies
Celery Sticks-Salad-Baby Carrots
Orange – Pineapple Chunks
Ice Cream Cup

Wednesday

Ham & Cheese Melt **2**
Or Veggie Croissant
Steamed Corn
Broccoli Salad-Salad-Baby Carrots
Pear – Diced Peaches
Fruit Roll Up

Chicken Nuggets **9**
Macaroni & Cheese
Tater Tots
Broccoli Salad-Salad-Baby Carrots
Pear – Diced Peaches
Goldfish Crackers

Corn Dogs **16**
Or Sunbutter & Jelly Sandwich
Tater Tots
Broccoli Salad-Salad-Baby Carrots
Pear – Diced Peaches
Ice Cream Cup

23
NO SCHOOL

Ham & Cheese Melt **30**
Or Veggie Croissant
Steamed Corn
Broccoli Salad-Salad-Baby Carrots
Pear – Diced Peaches
Fruit Roll Up

Thursday

Chili Dog **3**
Or Cheese Pull Aparts
Tater Tots
Baby Carrots – Salad
Apple – Mixed Fruit
Gold Fish Crackers

Ham & Cheese Croissant **10**
Or Sunbutter & Jelly Sandwich
Baked Beans
Baby Carrots – Salad
Apple – Mixed Fruit
Rice Krispie Treat

Turkey and Gravy or Macaroni and Cheese **17**
Orange Glazed Carrots
Mashed Potatoes – Dinner Roll
Salad - Variety of Fresh Fruit
Pumpkin Cookie

24
NO SCHOOL

Friday

Domino's Smart Slice Cheese **4**
Or Pepperoni Pizza
Caesar Salad - Cucumber Sticks
Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

11
NO SCHOOL

Domino's Smart Slice Cheese **18**
Or Pepperoni Pizza
Caesar Salad - Cucumber Sticks
Baby Carrots
Variety of Fruit
Chocolate Chip Cookie

25
NO SCHOOL



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