

OCTOBER 2022

RIO DEL ORO ELEMENTARY SCHOOL

Project Resilience Snack

Questions or concerns
Contact Nutrition Services
(530) 743-4428 or
rdelong@plustd.org

Monday

Rice Krispies Treat

= 1G

Milk = 8oz

*Students must take all items

Tuesday

Cheez-It = 1G

Juice = 3/4C F

*Students must take all items

Wednesday

Snack Mix = 1G

Milk = 8oz

*Students must take all items

Thursday

Pretzel Twists = 1G

Hummus = 1M/MA

*Students must take all items

Friday

UBR = 2G

Milk = 8oz

*Students must take all items

10

Grahams = 1G

Juice = 3/4C F

*Students must take all items

Chocolate Chip

Oatmeal Bar = 1G

Milk = 8oz

*Students must take all items

Bagel = 2G

w/ cream cheese

Milk = 8oz

*Students must take all items

Apple = 3/4C F

Cheese Stick

= 1 M/MA

*Students must take all items

Cereal = 1G

Milk = 8oz

*Students must take all items

17

Cereal Bar = 1G

Milk = 8oz

*Students must take all items

Yogurt = 1M/MA

Banana = 3/4C F

*Students must take all items

Tortilla Chips = 1G

w/ salsa = 1/4C V

Juice = 3/4C

*Students must take all items

Rice Krispies Treat

= 1G

Milk = 8oz

*Students must take all items

Snack Mix = 1G

Milk = 8oz

*Students must take all items

24

Goldfish Crackers

= 1G

Juice = 3/4C F

*Students must take all items

UBR = 2G

Milk = 8oz

*Students must take all items

Pretzel Twists = 1G

Hummus = 1M/MA

*Students must take all items

Grahams = 1G

Juice = 3/4C F

*Students must take all items

Chocolate Chip

Oatmeal Bar = 1G

Milk = 8oz

*Students must take all items

Pumpkin Muffin

= 2G

Milk = 8oz

*Students must take all items

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

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.