

Mini Waffles

Cereal Bowl

Variety of Fruit &

Juice

OCTOBER 2022 RIO DEL ORO ELEMENTARY SCHOOL

Monday

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

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

Thursday

Fruit & Yogurt Parfait w/ Buttermilk Bar Graham Bagel w/ Cream Cheese Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl Variety of Fruit & Variety of Fruit & Juice Juice

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

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

Blueberry Muffin Cereal Bowl Variety of Fruit & Juice

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

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

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

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

Bagel Mini Strawberry Creamy Cheese Filled Or Cereal Fruit Juice

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

Fruit & Yogurt Parfait w/ Graham Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice

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

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

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

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

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

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

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.



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

Wednesday Tuesday Domino's Smart Slice Cheese Twin Cheeseburgers Corn Dogs Beef Taco Stick Pizza Pocket Or Pepperoni Pizza Grilled Cheese Sandwich Sunbutter & Jelly Sandwich Bean & Cheese Burrito Chimi Nada Caesar Salad – Cucumber Sticks Baked Beans Tater Tots Elote Corn – Salsa – Sour Cream Green Beans Baby Carrots - Salad Variety of Fruit Broccoli Salad - Salad Celery Sticks - Salad Baby Carrots - Salad Apple - Mixed Fruit Chocolate Chip Cookie Pear - Diced Peaches Apple – Pineapple Chunks Orange - Diced Pears Chips Ice Cream Cup Tortilla Chips Fruit Roll Up Domino's Smart Slice Cheese Chili Dog Ham & Cheese Melt Orange Chicken Rice Bowl Chicken Taquitos Or Pepperoni Pizza Cheese Pull Aparts Veggie Croissant Black Bean & Rice Bowl Twice Grilled Cheese Quesadilla Caesar Salad – Cucumber Sticks **Tater Tots** Steamed Corn Stir Fry Veggies Black Beans Variety of Fruit Baby Carrots - Salad Broccoli Salad - Salad Baby Carrots - Salad Broccoli Salad - Salad Apple - Mixed Fruit Chocolate Chip Cookie Apple – Pineapple Chunks Pear - Diced Peaches Orange - Diced Pears Rice Krispie Treat Ice Cream Cup Fruit Roll Up Goldfish Crackers Domino's Smart Slice Cheese Ham & Cheese Croissant Chicken Nuggets Taco Pocket Chicken Double Dogs Or Pepperoni Pizza Sunbutter & Jelly Sandwich Macaroni & Cheese Bean & Cheese Pupusa Grilled Cheese Sandwich Caesar Salad - Cucumber Sticks **Baked Beans** Elote Corn – Salsa – Sour Cream Tater Tots Green Beans Variety of Fruit Baby Carrots - Salad Broccoli Salad - Salad Celery Sticks - Salad Baby Carrots - Salad Apple - Mixed Fruit Chocolate Chip Cookie Orange - Diced Pears Pear - Diced Peaches Apple – Pineapple Chunks Chips Ice Cream Cup Tortilla Chips Fruit Roll Up Domino's Smart Slice Cheese Twin Cheeseburgers Corn Dogs Beef Taco Stick Pizza Pocket Or Pepperoni Pizza Grilled Cheese Sandwich Sunbutter & Jelly Sandwich Bean & Cheese Burrito Chimi Nada Caesar Salad – Cucumber Sticks **Baked Beans** Tater Tots Elote Corn – Salsa – Sour Cream Green Beans Variety of Fruit Baby Carrots - Salad Broccoli Salad - Salad Celery Sticks - Salad Baby Carrots - Salad Apple - Mixed Fruit Chocolate Chip Cookie Pear - Diced Peaches Orange - Diced Pears Apple – Pineapple Chunks Chips Ice Cream Cup Tortilla Chips Fruit Roll Up Pumpkin Pretzel & Cheese All meals are served with the choice of Green Beans 1% white milk or Baby Carrots - Salad nonfat chocolate milk. Apple – Pineapple Chunks Pumpkin Icee

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