



BREAKFAST

DECEMBER 2022

RIO DEL ORO ELEMENTARY SCHOOL

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



Monday

Tuesday

Wednesday

Thursday

Friday



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

5
Pancake Wrap
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

6
Pizza Bagel
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

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

8
Pop Tarts
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

9
Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

12
Bagel Mini Strawberry
Creamy Cheese Filled
Or Cereal
Variety of Fruit & Juice

13
Turkey Sausage
Breakfast Pizza
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

14
Assorted Muffins
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

15
Mini Waffles
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

16
Fresh Baked
Cinnamon Roll
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

22
NO SCHOOL

23
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL

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.

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**All meals are served with
the choice of
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nonfat chocolate milk.**

Chicken Double Dogs **5**
Or Grilled Cheese Sandwich
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Taco Pocket **6**
Or Bean & Cheese Pupusa
Elote Corn – Salsa – Sour Cream
Celery Sticks – Salad
Orange – Diced Pears
Tortilla Chips

Chicken Nuggets **7**
Macaroni & Cheese
Tater Tots
Broccoli Salad – Salad
Pear – Diced Peaches
Goldfish Crackers

Chili Dog **1**
Or Cheese Pull Aparts
Tater Tots
Baby Carrots – Salad
Apple – Mixed Fruit
Gold Fish Crackers

Domino's Smart Slice Cheese **2**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks
Variety of Fruit
Chocolate Chip Cookie

Pizza Pocket **12**
Or Chimi Nada
Green Beans
Baby Carrots – Salad
Apple – Pineapple Chunks
Fruit Roll Up

Beef Taco Stick **13**
Or Bean & Cheese Burrito
Refried Beans
Broccoli Salad – Salad
Orange – Diced Pears
Goldfish Crackers

Corn Dogs **14**
Or Sunbutter & Jelly Sandwich
Tater Tots
Broccoli Salad – Salad
Pear – Diced Peaches
Ice Cream Cup

Ham & Cheese Croissant **8**
Or Sunbutter & Jelly Sandwich
Baked Beans
Baby Carrots – Salad
Apple – Mixed Fruit
Rice Krispie Treat

Domino's Smart Slice Cheese **9**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks
Variety of Fruit
Chocolate Chip Cookie

Turkey and Gravy or **15**
Macaroni and Cheese
Orange Glazed Carrots
Mashed Potatoes – Dinner Roll
Variety of Fresh Fruit
Christmas Cookie

Domino's Smart Slice Cheese **16**
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks
Variety of Fruit
Chocolate Chip Cookie

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

22
NO SCHOOL

23
NO SCHOOL

26
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NO SCHOOL

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