

SEPTEMBER 2022

Rio Del Oro Elementary School

Extended Learning Opportunities Program Snack

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

Monday

Tuesday

Wednesday

Thursday

Friday



Grahams = 1G
Juice = 3/4C F

*Student must take all items

Apple = 3/4C F
Cheese Stick =
1M/MA

*Student must take all items

NO SCHOOL

Bagel = 2G
w/ cream cheese
Milk = 8oz

*Student must take all items

Yogurt = 1 M/MA
Banana = 3/4C F

*Student must take all items

UBR = 2G
Milk = 8oz

*Student must take all items

Pretzels = 1G
Juice = 3/4C F

*Student must take all items

Cereal = 1G
Milk = 8oz

*Student must take all items

Cereal Bar = 1G
Juice = 3/4C F

*Student must take all items

Benefit Bar = 2G
Milk = 8oz

*Student must take all items

Apple = 3/4C F
Cheese Stick =
1M/MA

*Student must take all items

Goldfish Crackers
= 1G

Juice = 3/4C F

*Student must take all items

Cereal = 1G
Milk = 8oz

*Student must take all items

Peach = 3/4C F
Cheese Stick = 8oz

*Student must take all items

Grahams = 1G
Juice = 3/4C F

*Student must take all items

UBR = 2G
Milk = 8oz

*Student must take all items

Bagel = 2G
w/ cream cheese

Juice = 3/4C F

*Student must take all items

Cereal = 1G
Milk = 8oz

*Student must take all items

Tortilla Chips = 1G
w/ salsa = 1/4C V
Juice = 3/4C F

*Student must take all items

Benefit Bar = 2G
Milk = 8oz

*Student must take all items

Pretzels = 1G
Juice = 3/4C F

*Student must take all items

Yogurt = 1 M/MA
Banana = 3/4C F

*Student 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.