

## **SEPTEMBER 2022**

Rio Del Oro Elementary School

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

## Friday Thursday Wednesday Tuesday Monday French Toast Stick Mini Cinnis Bagel w/ Cream Cheese Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl All meals are served with the choice of Variety of Fruit & Variety of Fruit & 1% white milk or Juice Juice nonfat chocolate milk. Fruit & Yogurt Parfai 😯 Cherry Frudel 7 Buttermilk Bar 8 5 Blueberry Muffin 6 Graham Bagel w/ Cream Cheese Bagel w/ Cream Cheese Bagel w/ Cream Cheese Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl Cereal Bowl **NO SCHOOL** Cereal Bowl Variety of Fruit & Variety of Fruit & Variety of Fruit & Variety of Fruit & Juice Juice Juice Juice Fresh Baked Bagel Mini Strawber 15 Cereal Bar & 14 Turkey Sausage 12 Mini Waffles Creamy Cheese Filled Cinnamon Roll String Cheese Breakfast Pizza Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Variety of Fruit & Variety of Fruit & Juice Juice Fruit & Yogurt Parfail 23 Buttermilk Bar 21 Mini Cinnis Apple Frudel Chocolate Muffin 19 Graham Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Variety of Fruit & Juice Juice Juice Juice Juice Fresh Baked 30 Bagel Mini Strawber 29 28 Turkey Sausage 27 Cereal Bar & Mini Pancakes 26 Cinnamon Roll Creamy Cheese Filled Breakfast Pizza String Cheese Bagel w/ Cream Cheese Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Cereal Bowl Variety of Fruit & Variety of Fruit & Juice Variety of Fruit & Juice Variety of Fruit & Juice Wariety of Fruit & Juice Juice

Please be advised – All menus are subject to change without of tice 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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## Friday **Thursday** Tuesday Wednesday Monday Domino's Smart Slice Ch Chicken Nuggets Or Macaroni & Cheese Or Pepperoni Pizza Dinner Roll Caesar Salad - Cucumber Sticks All meals are served with Broccoli Salad – Salad Variety of Fruit the choice of Orange - Diced Pears Chocolate Chip Cookie 1% white milk or Fruit Roll Up nonfat chocolate milk. Domino's Smart Slice Ch Orange Chicken Bowl Popcorn Chicken 5 Corn Dog 6 Or Pepperoni Pizza Or Macaroni & Cheese Or Black Bean & Rice Bowl Or Pull Apart Steamed Corn Caesar Salad - Cucumber Sticks Stir Fry Veggies Green Beans NO SCHOOL Celery Sticks - Salad Broccoli Salad - Salad Baby Carrots - Salad Variety of Fruit Peach - Diced Peaches Apple - Pineapple Chunks Orange - Diced Pears Chocolate Chip Cookie **Goldfish Crackers** Fruit Roll Up Ice Cream Cup Domino's Smart Slice Ch Hamburger Chicken Nuggets 12 Sub Sandwich or Taco Pocket Or Pepperoni Pizza Or Macaroni & Cheese Or Grilled Cheese Or Cheese Quesadilla Sunbutter & Jelly Sandwich Dinner Roll Caesar Salad - Cucumber Sticks Green Beans **Tater Tots Refried Beans** Broccoli Salad - Salad Baby Carrots - Salad Celery Sticks - Salad Variety of Fruit Salad Orange - Diced Pears Peach - Diced Peaches Orange – Mixed Fruit Apple – Pineapple Chunks Chocolate Chip Cookie Fruit Roll Up Ice Cream Cup **Goldfish Crackers** Chips Or Bean & Cheese Burrito Domino's Smart Slice Ch Popcorn Chicken Orange Chicken Bowl 19 Corn Dog Or Macaroni & Cheese Or Pepperoni Pizza Or Black Bean & Rice Bowl Or Pull Apart Steamed Corn Caesar Salad - Cucumber Sticks Stir Fry Veggies Green Beans **Baby Carrots** Celery Sticks - Salad Variety of Fruit Broccoli Salad - Salad Baby Carrots - Salad Salad Peach - Diced Peaches Apple - Pineapple Chunks Orange - Diced Pears Chocolate Chip Cookie Apple – Mixed Fruit **Goldfish Crackers** Ice Cream Cup Fruit Roll Up Chips Domino's Smart Slice Ch 28 Chicken Nuggets Hamburger 26 Sub Sandwich or Taco Pocket Or Macaroni & Cheese Or Pepperoni Pizza Or Grilled Cheese Sunbutter & Jelly Sandwich Or Cheese Quesadilla Dinner Roll Caesar Salad - Cucumber Sticks **Tater Tots** Green Beans Refried Beans Broccoli Salad - Salad Baby Carrots - Salad Celery Sticks - Salad Variety of Fruit Salad Orange - Diced Pears Orange - Mixed Fruit Peach - Diced Peaches Apple - Pineapple Chunks Chocolate Chip Cookie Fruit Roll Up Ice Cream Cup **Goldfish Crackers** Chips

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