# November 2022 Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>All meals are served with the choice of 1% white milk or nonfat chocolate milk.</td>
<td>Buttermilk Bar Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Mini Pancakes Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Blueberry Muffin Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
</tr>
<tr>
<td>7</td>
<td>Apple Frudel Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Pancake Wrap Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Chocolate Muffin Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>French Toast Sticks Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>NO SCHOOL</td>
</tr>
<tr>
<td>14</td>
<td>Pop Tarts Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Bagel Mini Strawberry Creamy Cheese Filled Or Cereal Variety of Fruit &amp; Juice</td>
<td>Turkey Sausage Breakfast Pizza Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Pumpkin Muffin Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
</tr>
<tr>
<td>21</td>
<td>NO SCHOOL</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>28</td>
<td>Mini Cinnis Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Mini Waffles Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>Cereal Bar &amp; String Cheese Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &amp; Juice</td>
<td>NO SCHOOL</td>
<td>NO SCHOOL</td>
</tr>
</tbody>
</table>

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.
## NOVEMBER 2022
Rio Del Oro Elementary School

### Monday
- Chicken Double Dogs
  - Or Grilled Cheese Sandwich
  - Green Beans
  - Baby Carrots – Salad
  - Apple – Pineapple Chunks
  - Fruit Roll Up

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

### Tuesday
- Orange Chicken Rice Bowl
  - Or Black Bean & Rice Bowl
  - Stir Fry Veggies
  - Baby Carrots – Salad
  - Apple – Pineapple Chunks
  - Ice Cream Cup

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

- Beef Taco Stick
  - Or Bean & Cheese Burrito
  - Refried Beans-Salsa-Sour Cream
  - Celery Sticks – Salad
  - Orange – Diced Pears
  - Tortilla Chips

### Wednesday
- Ham & Cheese Melt
  - Or Veggie Croissant
  - Steamed Corn
  - Broccoli Salad-Salad-Baby Carrots
  - Pear – Diced Peaches
  - Fruit Roll Up

- Chicken Nuggets
  - Macaroni & Cheese
  - Tater Tots
  - Broccoli Salad-Salad-Baby Carrots
  - Pear – Diced Peaches
  - Goldfish Crackers

- Corn Dogs
  - Or Sunbutter & Jelly Sandwich
  - Tater Tots
  - Broccoli Salad-Salad-Baby Carrots
  - Pear – Diced Peaches
  - Ice Cream Cup

### Thursday
- Chili Dog
  - Or Cheese Pull Apart
  - Tater Tots
  - Baby Carrots – Salad
  - Apple – Mixed Fruit
  - Gold Fish Crackers

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

- Turkey and Gravy on Macaroni and Cheese
  - Or Peperoni Pizza
  - Caesar Salad - Cucumber Sticks
  - Baby Carrots
  - Variety of Fruit
  - Chocolate Chip Cookie

### Friday
- Domino’s Smart Slice Cheese
  - Or Pepperoni Pizza

### NO SCHOOL
- Chicken Taquitos or Quesadilla Bean & Cheese
  - Black Beans
  - Baby Carrots – Salad
  - Apple – Diced Pears
  - Goldfish Crackers

- Orange Chicken Rice Bowl
  - Or Black Bean & Rice Bowl
  - Stir Fry Veggies
  - Celery Sticks-Salad-Baby Carrots
  - Orange – Pineapple Chunks
  - Ice Cream Cup

- Ham & Cheese Melt
  - Or Veggie Croissant
  - Steamed Corn
  - Broccoli Salad-Salad-Baby Carrots
  - Pear – Diced Peaches
  - Fruit Roll Up

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