# OCTOBER 2022
## RIO DEL ORO ELEMENTARY SCHOOL
### Project Resilience Snack

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| Rice Krispies Treat  
   = 1G  
   Milk = 8oz  
   *Students must take all items | Cheez-It = 1G  
   Juice = 3/4C F  
   *Students must take all items | Snack Mix = 1G  
   Milk = 8oz  
   *Students must take all items | Pretzel Twists = 1G  
   Hummus = 1M/MA  
   *Students must take all items | UBR = 2G  
   Milk = 8oz  
   *Students must take all items |
| Grahams = 1G  
   Juice = 3/4C F  
   *Students must take all items | Chocolate Chip  
   Oatmeal Bar = 1G  
   Milk = 8oz  
   *Students must take all items | Bagel = 2G  
   w/ cream cheese  
   Milk = 8oz  
   *Students must take all items | Apple = 3/4C F  
   Cheese Stick = 1 M/MA  
   *Students must take all items | Cereal = 1G  
   Milk = 8oz  
   *Students must take all items |
| Cereal Bar = 1G  
   Milk = 8oz  
   *Students must take all items | Yogurt = 1M/MA  
   Banana = 3/4C F  
   *Students must take all items | Tortilla Chips = 1G  
   w/ salsa = 1/4C V  
   Juice = 3/4C  
   *Students must take all items | Rice Krispies Treat  
   = 1G  
   Milk = 8oz  
   *Students must take all items | Snack Mix = 1G  
   Milk = 8oz  
   *Students must take all items |
| Goldfish Crackers  
   = 1G  
   Juice = 3/4C F  
   *Students must take all items | UBR = 2G  
   Milk = 8oz  
   *Students must take all items | Pretzel Twists = 1G  
   Hummus = 1M/MA  
   *Students must take all items | Grahams = 1G  
   Juice = 3/4C F  
   Milk = 8oz  
   *Students must take all items | Chocolate Chip  
   Oatmeal Bar = 1G  
   Milk = 8oz  
   *Students must take all items |
| Pumpkin Muffin  
   = 2G  
   Milk = 8oz  
   *Students must take all items |

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

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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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