DECEMBER 2022
RIO DEL ORO ELEMENTARY SCHOOL

Monday
- Pancake Wrap
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice
- Bagel Mini Strawberry
- Creamy Cheese Filled
- Or Cereal
- Variety of Fruit & Juice

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

Wednesday
- Apple Frudel
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice
- Assorted Muffins
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice

Thursday
- French Toast Sticks
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice
- Pop Tarts
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice
- Mini Waffles
- Bagel w/ Cream Cheese
- Cereal Bowl
- Variety of Fruit & Juice

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

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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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Double Dogs</td>
<td>Taco Pocket</td>
<td>Chicken Nuggets</td>
<td>Chili Dog</td>
<td>Domino's Smart Slice Cheese</td>
</tr>
<tr>
<td>Or Grilled Cheese Sandwich</td>
<td>Or Bean &amp; Cheese Pupusa</td>
<td>Macaroni &amp; Cheese</td>
<td>Or Cheese Pull Aparts</td>
<td>Or Pepperoni Pizza</td>
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<tr>
<td></td>
<td>Elote Corn – Salsa – Sour Cream</td>
<td>Tater Tots</td>
<td>Tater Tots</td>
<td>Caesar Salad – Cucumber Sticks</td>
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<tr>
<td></td>
<td>Celery Sticks – Salad</td>
<td>Broccoli Salad – Salad</td>
<td>Baby Carrots – Salad</td>
<td>Variety of Fruit</td>
</tr>
<tr>
<td></td>
<td>Orange – Diced Pears</td>
<td>Pear – Diced Peaches</td>
<td>Apple – Mixed Fruit</td>
<td>Chocolate Chip Cookie</td>
</tr>
<tr>
<td></td>
<td>Tortilla Chips</td>
<td>Goldfish Crackers</td>
<td>Gold Fish Crackers</td>
<td></td>
</tr>
<tr>
<td>Pizza Pocket</td>
<td>Beef Taco Stick</td>
<td>Corn Dogs</td>
<td>Ham &amp; Cheese Croissant</td>
<td>Domino's Smart Slice Cheese</td>
</tr>
<tr>
<td>Or Chimi Nada</td>
<td>Or Bean &amp; Cheese Burrito</td>
<td>Or Sunbutter &amp; Jelly Sandwich</td>
<td>Or Sunbutter &amp; Jelly Sandwich</td>
<td>Or Pepperoni Pizza</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Refried Beans</td>
<td>Tater Tots</td>
<td>Baked Beans</td>
<td>Caesar Salad – Cucumber Sticks</td>
</tr>
<tr>
<td></td>
<td>Broccoli Salad – Salad</td>
<td>Broccoli Salad – Salad</td>
<td>Baby Carrots – Salad</td>
<td>Variety of Fruit</td>
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</tr>
<tr>
<td></td>
<td>Goldfish Crackers</td>
<td>Golden Peach</td>
<td>Rice Krispie Treat</td>
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</tbody>
</table>

### Christmas Cookie

**December 2022**

**Rio Del Oro Elementary School**

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

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

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

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

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

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

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