

## OCTOBER 2023

RIO DEL ORO ELEMENTARY SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Mini Waffles 3 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Buttermilk Bar 4 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Blueberry Muffin 5 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice
Mini Cinnis  Bagel w/ Cream Cheese  Cereal Bowl  Variety of Fruit &  Juice	Mini Pancakes 10 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Benefit Bar Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Pizza Bagel 12 Bagel w/ Cream Cheest Cereal Bowl Variety of Fruit & Juice	Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice
Mini Waffles 16 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Buttermilk Bar 17 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Breakfast Sandwi <mark>ch 8</mark> Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Blueberry Muffin 19 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice
Breakfast Sandwichs Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Mini Waffles 24 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Buttermilk Bar 25 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Blueberry Muffin 26 Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Fresh Baked Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice
Mini Cinnis Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	Boo Berry Pancakes Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice	All meals are served with the choice of 1% white milk or nonfat chocolate milk.		Display of the Annual Control of the Annual

Please be advised — All menus are subject to change without notice due to ongoing nationwide rood 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.



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Monday	Tuesday	Wednesday	Thursday	Friday
Twin Cheeseburgers Or Pretzel w/ Cheese Green Beans Baby Carrots – Salad Apple – Pineapple Chunks Chips	Chicken Quesadilla Or Bean & Cheese Burrito Refried Beans Broccoli– Salad Orange – Diced Pears Rice Krispie Treat	Taco Nada Or Cheese Quesadilla Steamed Corn Broccoli – Salad -Salsa Pear – Diced Peaches Tortilla Chips	Chicken Nuggets Or Grilled Cheese French Fries Baby Carrots – Salad Apple – Mixed Fruit Goldfish Crackers	Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad – Cucumber Sticks – Baby Carrots Variety of Fruit Chocolate Chip Cookie
Pizza Pocket Or Chimi Nada Mixed Veggies Baby Carrots – Salad Apple – Pineapple Chunks Fruit Roll Up	Chicken Sandwich Or Cheese Calzone Tater Tots Baby Carrots – Salad Orange – Diced Pears Chips	Chicken Taquitos Cheese Quesadilla Refried Beans Broccoli – Salad - Salsa Pear – Diced Peaches Tortilla Chips	Orange Chicken Rice Bowl Or Edamame & Rice Bowl Stir Fry Veggies Baby Carrots – Salad Apple – Mixed Fruit Rice Krispie Treat	Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad – Cucumber Sticks – Baby Carrots Variety of Fruit Chocolate Chip Cookie
Twin Cheeseburgers Or Pretzel w/ Cheese Green Beans Baby Carrots – Salad Apple – Pineapple Chunks Chips	Chicken Strips Or Grilled Cheese Refried Beans Broccoli – Salad Orange – Diced Pears Goldfish Crackers	Corn Dog Or Cheesy Pull Apart Steamed Corn Baby Carrots – Salad Apple – Mixed Fruit Fruit Roll Up	Hamburger Or Pretzel w/ Cheese Green Beans Broccoli – Salad - Salsa Pear – Diced Peaches Rice Krispie Treat	Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad – Cucumber Sticks – Baby Carrots Variety of Fruit Chocolate Chip Cookie
Pizza Pocket Or Chimi Nada Mixed Veggies Baby Carrots – Salad Apple – Pineapple Chunks Fruit Roll Up	Chicken Quesadilla Or Bean & Cheese Burrito Refried Beans Broccoli– Salad Orange – Diced Pears Rice Krispie Treat	Taco Nada Or Cheese Quesadilla Steamed Corn Broccoli – Salad -Salsa Pear – Diced Peaches Tortilla Chips	Chicken Nuggets Or Grilled Cheese French Fries Baby Carrots – Salad Apple – Mixed Fruit Goldfish Crackers	Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad – Cucumber Sticks – Baby Carrots Variety of Fruit Chocolate Chip Cookie
Twin Cheeseburgers Or Pretzel w/ Cheese Green Beans Baby Carrots – Salad Apple – Pineapple Chunks Chips	Chicken Sandwich Or Cheese Calzone Tater Tots Baby Carrots – Salad Orange – Diced Pears Fruit Roll Up	All meals are served with the choice of 1% white milk or nonfat chocolate milk.	note roog supply snortages and	

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