

SEPTEMBER 2023

RIO DEL ORO ELEMENTARY SCHOOL

Contact Nutrition Services (530) 743-44**28** or

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Baked Cinnamon Roll

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.

Bagel w/ Cream Cheese Bagel w/ Cream Cheese

Mini Pancakes 7 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 Sandwich Bagel w/ Cream Cheese Bagel w/ Cream Cheese Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &

NO SCHOOL

Mini Waffles Cereal Bowl Variety of Fruit & Juice

Mini Pancakes

Pizza Bagel

Cereal Bowl

Variety of Fruit &

Juice

Buttermilk Bar Cereal Bowl Variety of Fruit & Juice

Mini Cinnis

Cereal Bowl

Variety of Fruit &

Juice

Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice 21 Pizza Bagel

Cereal Bowl

Variety of Fruit &

Juice

Blueberry Muffin

Cinnamon Roll Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice

Fresh Baked

18 Mini Cinnis Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice

Juice

Cereal Bowl Variety of Fruit & Juice Buttermilk Bar 26 Bagel w/ Cream Cheese

Benefit Bar 20 Bagel w/ Cream Cheese Bagel w/ Cream Cheese Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice

Breakfast Sandwich

Bagel w/ Cream Cheese

Cereal Bowl

Variety of Fruit &

Juice

Blueberry Muffin Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit &

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

25 Mini Waffles Bagel w/ Cream Cheese Cereal Bowl Variety of Fruit & Juice

Cereal Bowl Variety of Fruit & Juice

Juice

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

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.





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Questions or concerns Contact Nutrition Services (530) 743-4428 or

mdelong@plusd.org

Monday

Tuesday

Wednesday

Corn Dog

Or Cheesy Pull Apart

Steamed Corn

Baby Carrots - Salad

Apple – Mixed Fruit

Fruit Roll Up

6

13

Thursday

Friday

Domino's Smart Slice Chees Or Pepperoni Pizza

Caesar Salad - Cucumber

Sticks – Baby Carrots

Variety of Fruit

Chocolate Chip Cookie

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

11

Hamburger Or Pretzel w/ Cheese Green Beans Broccoli - Salad - Salsa Pear - Diced Peaches

Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad - Cucumber Sticks - Baby Carrots Variety of Fruit Chocolate Chip Cookie

NO SCHOOL

Pizza Pocket

Or Chimi Nada

Mixed Veggies

Baby Carrots - Salad

Apple – Pineapple Chunks

Chicken Strips Or Grilled Cheese Refried Beans Broccoli-Salad Orange – Diced Pears Goldfish Crackers

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

Chicken Nuggets Or Grilled Cheese French Fries Baby Carrots - Salad Apple - Mixed Fruit Goldfish Crackers

Chips

Domino's Smart Slice Chees Or Pepperoni Pizza Caesar Salad – Cucumber Sticks - Baby Carrots Variety of Fruit Chocolate Chip Cookie

Fruit Roll Up Twin Cheeseburgers 18 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

20 Chicken Taquitos Cheese Quesadilla Refried Beans Broccoli - Salad - Salsa Pear - Diced Peaches Tortilla Chips

Tortilla Chips

Orange Chicken Rice Bo Or Edamame & Rice Bowl Stir Fry Veggies Baby Carrots - Salad Apple - Mixed Fruit Rice Krispie Treat

14

Domino's Smart Slice Cheese Or Pepperoni Pizza Caesar Salad - Cucumber Sticks - Baby Carrots Variety of Fruit Chocolate Chip Cookie

25 Pizza Pocket Or Chimi Nada Mixed Veggies Baby Carrots - Salad Apple - Pineapple Chunks Fruit Roll Up

26 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

28 Hamburger Or Pretzel w/ Cheese Green Beans Broccoli - Salad - Salsa Pear - Diced Peaches Chips

Domino's Smart Slice Che Or Pepperoni Pizza Caesar Salad - Cucumber Sticks - Baby Carrots Variety of Fruit Chocolate Chip Cookie

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