## OCTOBER 2023

RIO DEL ORO PROJECT RESILIENCE

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

## Friday **Thursday** Wednesday Tuesday Monday Chocolate Tiger Apple = 3/4CFCheez Its = 1GMuffin = 2GBites = 1GPretzel Twists = 1G Milk = 80zJuice = 3/4CFMilk = 8ozMilk = 80zJuice = 3/4CF\*Students must take all items \*Students must take all items Sea Salt Chickpeas Goldfish Crackers Rice Krispies Treat = 1M/MAScooby Snacks = 1G Pop tart = 1G= 1G= 1GJuice = 3/4CFJuice = 3/4CFMilk = 8ozJuice = 3/4CFMilk = 80z\*Students must take all items \*Students must take all items Annie's Bunny 16 Strawberry W Cereal Bar = 1G Crackers = 1G Sun Chips = 1G Go-Gurt = 1M/MAChex Mix = 1GJuice = 3/4CFMilk = 80zMilk = 8ozJuice = 3/4CFMilk = 80z\*Students must take all items \*Students must take all items Chocolate Tige Apple = 3/4CFCheez Its = 1G Bites = 1G Muffin = 2GPretzel Twists = 1G Milk = 8oz Juice = 3/4CFMilk = 8ozMilk = 80zJuice = 3/4CF\*Students must take all items м \*Students must take all items Goldfish Crackers Rice Krispies Treat = 1G= 1GJuice = 3/4CFMilk = 80z\*Students must take all items \*Students must take all items

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.