



# BREAKFAST

## OCTOBER 2025 RIO DEL ORO ELEMENTARY

Questions or concerns  
Contact Nutrition Services  
(530) 743-4428 ext. 1770 or  
[mdelong@plUSD.org](mailto:mdelong@plUSD.org)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1

Pancake Sandwich  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

2

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

3

Mini Cinni  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

6

Breakfast Pizza  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

7

Pancake Wrap  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

8

Apple Nada  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

9

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

10

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

13

**NO  
SCHOOL**

14

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

15

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

16

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

17

Mini Cinni  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

20

Breakfast Bites  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

21

Pancakes & Eggs  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

22

French Toast  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

23

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

24

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

27

Waffles and Sausage  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

28

Pancake Sandwich  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

29

Breakfast Pizza  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

30

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

31

Mini Cinni  
Bagel w/ Cream Cheese  
Cereal Bowl – Benefit Bar  
Variety of Fruit & Juice

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

Please be advised – All menus are subject to change without notice due to distribution shortages and product unavailability.  
We will continue to make every effort to provide our students with the best products available.  
Thank you for your patience and understanding as we work with our distributors to navigate these shortages.

This institution is an equal opportunity provider.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Drumstick w/ Roll **6**  
Or Grilled Cheese Sandwich  
Green Beans  
Celery Sticks – Salad - Carrots  
Variety of Fruit  
Frozen Treat

Chicken Taquitos or **7**  
Cheese Quesadilla  
Refried Beans  
Cauliflower – Salad - Carrots  
Variety of Fresh Fruit  
Goldfish Crackers

Chicken Nuggets **8**  
Or Macaroni and Cheese  
W/ Dinner Roll  
Steamed Corn  
Broccoli – Salad - Carrots  
Variety of Fruit

Mini Pancakes & Sausage **9**  
Or Mini Pancakes & Yogurt  
Hash Browns  
Celery Sticks – Salad - Carrots  
Variety of Fruit

Domino's Smart Slice Cheese **10**  
Or Pepperoni Pizza  
Caesar Salad – Cucumber  
Sticks – Baby Carrots  
Variety of Fruit  
Cookie

**NO  
SCHOOL** **13**

Taco Nada or **14**  
Bean & Cheese Burrito  
Spanish Rice  
Cauliflower – Salad - Carrots  
Variety of Fresh Fruit  
Goldfish Crackers

Orange Chicken Rice Bowl **15**  
Or Edamame Rice Bowl  
Stir Fry Veggies  
Broccoli – Salad - Carrots  
Variety of Fruit

Chicken Sandwich **16**  
Or Pretzel & Cheese  
Baked Beans  
Celery Sticks – Salad – Carrots  
Variety of Fruit  
Rice Krispie Treat

Domino's Smart Slice Cheese **17**  
Or Pepperoni Pizza  
Caesar Salad – Cucumber  
Sticks – Baby Carrots  
Variety of Fruit  
Cookie

Chicken Tenders w/ roll **20**  
Or Sunbutter Sandwich  
Green Beans  
Celery Sticks – Salad – Carrots  
Variety of Fruit  
Fruit Snack

Beef Tacos or **21**  
Bean & Cheese Burrito  
Spanish Rice  
Salsa – Shredded Lettuce - Carrots  
Variety of Fresh Fruit  
Goldfish Crackers

Corn Dog **22**  
Or Pull Apart w/ Marinera  
Steamed Corn  
Broccoli – Salad - Carrots  
Variety of Fruit  
Chips

Hamburger **23**  
Or Grilled Cheese Sandwich  
Green Beans  
Celery Sticks – Salad – Carrots  
Variety of Fruit  
Rice Krispie Treat

Domino's Smart Slice Cheese **24**  
Or Pepperoni Pizza  
Caesar Salad – Cucumber  
Sticks – Baby Carrots  
Variety of Fruit  
Cookie

Pizza Nada **27**  
Or Chimi Nada  
Green Beans  
Celery Sticks – Salad – Carrots  
Variety of Fruit  
Fruit Snack

Chicken Taquitos or **28**  
Cheese Quesadilla  
Refried Beans  
Cauliflower – Salad - Carrots  
Variety of Fresh Fruit  
Goldfish Crackers

Chicken Nuggets **29**  
Or Macaroni and Cheese  
W/ Dinner Roll  
Steamed Corn  
Broccoli – Salad - Carrots  
Variety of Fruit

Mini Waffles & Sausage **30**  
Or Mini Waffles & Yogurt  
Hash Browns  
Celery Sticks – Salad - Carrots  
Variety of Fruit

Domino's Smart Slice Cheese **31**  
Or Pepperoni Pizza  
Caesar Salad – Cucumber  
Sticks – Baby Carrots  
Variety of Fruit  
Cookie

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choice of  
1% white milk or  
nonfat chocolate milk.

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