



SEPTEMBER 2026

RIO DEL ORO ELEMENTARY SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

**NO
SCHOOL**

Chicken Sandwich **14**
Or Grilled Cheese Sandwich
Mixed Veggies
Peas-Salad-Carrots
Variety of Fruit

Chicken Tenders w/ roll **21**
Or Sunbutter Sandwich
Baked Beans
Peas-Salad-Carrots
Variety of Fruit

Chicken Nuggets w/ roll **28**
Or Black Bean Burgers
Mixed Veggies
Peas-Salad-Carrots
Variety of Fruit

Pancakes & Sausage **1**
Or Pancakes & Yogurt
Hash Browns
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

Pizza Nada **8**
Or Bean & Cheese Burrito
Spanish Rice
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

Chicken Taquitos **15**
Or Cheese Quesadilla
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

French Toast & Sausage **22**
Or French Toast & Yogurt
Hash Browns
Celery Sticks– Salad - Carrots
Variety of Fruit

Pizza Nada **29**
Or Bean & Cheese Burrito
Spanish Rice
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

Chicken Nuggets w/ roll **2**
Or Black Bean Burgers
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Pull Apart w/ Marinara **9**
Or Macaroni & Cheese w/ Roll
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Orange Chicken **16**
Or Egg Roll w/ cheese stick
Brown Rice – Edamame
Broccoli – Salad - Carrots
Variety of Fruit

Minimum Day 23
Pull Apart
w/Marinara Sauce
Broccoli – Salad - Carrots
Variety of Fruit

Pull Apart w/ Marinara **30**
Or Macaroni & Cheese w/ Roll
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Cheeseburger **3**
Or Grilled Cheese Sandwich
Baked Beans
Celery Sticks–Salad–Carrots
Variety of Fruit

Barbecued Chicken **10**
Or Pretzel & Cheese
Baked Beans
Celery Sticks–Salad–Carrots
Variety of Fruit

Baked Beef and Sausage Penne **17**
Or Pull Apart w/ Marinara
Potato Wedges
Celery Sticks–Salad–Carrots
Variety of Fruit

Minimum Day 24
Grilled Cheese Sandwich
Celery Sticks – Salad – Carrots
Variety of Fruit
Chips

Domino's Smart Slice Cheese Or
Pepperoni Pizza **4**
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

Domino's Smart Slice Cheese Or
Pepperoni Pizza **11**
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

Domino's Smart Slice Cheese Or
Pepperoni Pizza **18**
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

Minimum Day 25
Domino's Smart Slice Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Cookie

**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 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.