



BREAKFAST

SEPTEMBER 2025

RIO DEL ORO ELEMENTARY SCHOOL

Questions or concerns
Contact Nutrition Services
(530) 743-4428 or
muelong@plued.org

Monday

Tuesday

Wednesday

Thursday

Friday

**NO
SCHOOL**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Waffles and Sausage
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.

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mdelano@psdnet.org

Monday

**NO
SCHOOL**

8
Pizza Nada
Or Chimi Nada
Green Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Fruit Snack

15
Chicken Drumstick w/ Roll
Or Grilled Cheese Sandwich
Baked Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Frozen Treat

22
Chicken Tenders w/ roll
Or Sunbutter Sandwich
Green Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Fruit Snack

29
Pizza Nada
Or Chimi Nada
Green Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Fruit Snack

Tuesday

2
Taco Nada or
Or Bean & Cheese Burrito
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit
Goldfish Crackers

9
Chicken Taquitos or
Cheese Quesadilla
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit
Goldfish Crackers

16
Beef Tacos or
Bean & Cheese Burrito
Spanish Rice
Salsa – Shredded Lettuce - Carrots
Variety of Fresh Fruit
Goldfish Crackers

23
Taco Nada or
Or Bean & Cheese Burrito
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit
Goldfish Crackers

30
Chicken Taquitos or
Cheese Quesadilla
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit
Goldfish Crackers

Wednesday

3
Corn Dog
Or Pull Apart w/ Marinara
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit
Chips

10
Chicken Nuggets
Or Macaroni and Cheese
W/ Dinner Roll
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

17
Orange Chicken Rice Bowl
Or Edamame Rice Bowl
Stir Fry Veggies
Broccoli – Salad - Carrots
Variety of Fruit

24
Minimum Day
Pull Apart
w/Marinara Sauce
Broccoli – Salad - Carrots
Variety of Fruit
Rice Krispie Treat

Thursday

4
Cheeseburger
Or Grilled Cheese Sandwich
Green Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Rice Krispie Treat

11
Pancakes & Sausage
Or Pancakes & Yogurt
Hash Browns
Celery Sticks – Salad - Carrots
Variety of Fruit

18
Chicken Sandwich
Or Pretzel & Cheese
Green Beans
Celery Sticks – Salad – Carrots
Variety of Fruit
Rice Krispie Treat

25
Minimum Day
Grilled Cheese Sandwich
Celery Sticks – Salad – Carrots
Variety of Fruit
Chips

Friday

5
Domino's Smart Slice Cheese
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Cookie

12
Domino's Smart Slice Cheese
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Cookie

19
Domino's Smart Slice Cheese
Or Pepperoni Pizza
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Cookie

26
Minimum Day
Domino's Smart Slice Cheese
Caesar Salad – Cucumber
Sticks – Baby Carrots
Variety of Fruit
Cookie

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served with the
choice of
1% white milk or
nonfat chocolate
milk.**

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