

OCTOBER 2025

RIO DEL ORO PROJECT RESILIENCE SNACK

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

Monday
Tuesday
Wednesday
Thursday
Friday
6

Sunchips = 1 G
Juice = 3/4C F
*Students must take all items

13

**NO
SCHOOL**

20

Yogurt = 1 M/MA
Peaches = 3/4C F
*Students must take all items

27

Yogurt = 1 M/MA
Strawberries = 3/4C F
*Students must take all items

CV

Cucumber Slices = 1/2
Tortilla Chips = 1 G
Salsa = 1/4C V
*Students must take all items

14

Apple Slices = 3/4C F
String Cheese
= 1 M/MA
*Students must take all items

21

Grape Tomatoes
= 3/4C V
String Cheese
= 1 M/MA
*Students must take all items

28

Hard Boiled Egg = 1
M/MA
Grapes = 3/4C F
*Students must take all items

1

Pita Bread = 1 G
Bean Dip = 2 M/MA
*Students must take all items

8

Celery Sticks = 3/4C V
Hummus = 1 M/MA
*Students must take all items

15

Hard Boiled Egg = 1
M/MA
Grapes = 3/4C F
*Students must take all items

CV

Cucumber Slices = 1/2
Tortilla Chips = 1 G
Salsa = 1/4C V
*Students must take all items

29

Pita Bread = 1 G
Bean Dip = 2 M/MA
*Students must take all items

CE

Apple Slices = 3/4C
String Cheese
= 1 M/MA
*Students must take all items

9

Pretzels = 1 G
Juice = 3/4 C F
*Students must take all items

16

Yogurt = 1 M/MA
Pineapple = 3/4C F
*Students must take all items

23

Celery Sticks = 3/4C V
Hummus = 1 M/MA
*Students must take all items

30

Sunchips = 1 G
Juice = 3/4C F
*Students must take all items

CV

Baby Carrots = 3/4C
Goldfish Crackers
= 1 G
*Students must take all items

10

Yogurt = 1 M/MA
Strawberries = 3/4C F
*Students must take all items

17

Baby Carrots = 3/4C
Goldfish Crackers
= 1 G
*Students must take all items

24

**No
Snack Service**

31

Baby Carrots = 3/4C
Goldfish Crackers
= 1 G
*Students must take all items

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.