



OCTOBER 2026

RIO DEL ORO ELEMENTARY SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

Pizza Nada

5

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

Chicken Sandwich

6

Or Grilled Cheese Sandwich
Mixed Veggies
Peas–Salad–Carrots
Variety of Fruit

Pull Apart w/ Marinara

7

Or Macaroni & Cheese w/ Roll
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Barbecued Chicken

8

Or Pretzel & Cheese
Baked Beans
Celery Sticks–Salad–Carrots
Variety of Fruit

Domino's Smart Slice Cheese

9

Pepperoni Pizza
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

**NO
SCHOOL**

12

Chicken Taquitos

13

Or Cheese Quesadilla
Refried Beans
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

Orange Chicken

14

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

Baked Beef and Sausage Penne

15

Or Pull Apart w/ Marinara
Potato Wedges
Celery Sticks–Salad–Carrots
Variety of Fruit

Domino's Smart Slice Cheese

16

Pepperoni Pizza
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

Chicken Tenders w/ rice

19

Or Sunbutter Sandwich
Baked Beans
Peas–Salad–Carrots
Variety of Fruit

French Toast & Sausage

20

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

Chicken Nuggets w/ rice

21

Or Black Bean Burgers
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Cheeseburger

22

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

Domino's Smart Slice Cheese

23

Pepperoni Pizza
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

Pizza Nada

26

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

Chicken Sandwich

27

Or Grilled Cheese Sandwich
Mixed Veggies
Peas–Salad–Carrots
Variety of Fruit

Pull Apart w/ Marinara

28

Or Macaroni & Cheese w/ Roll
Steamed Corn
Broccoli – Salad - Carrots
Variety of Fruit

Barbecued Chicken

29

Or Pretzel & Cheese
Baked Beans
Celery Sticks–Salad–Carrots
Variety of Fruit

Domino's Smart Slice Cheese

30

Pepperoni Pizza
Caesar Salad – Cucumber Sticks
Baby Carrots
Variety of Fruit
Cookie

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.

This institution is an equal opportunity provider.

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