

SEPTEMBER 2025

RIO DEL ORO TK MENU

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

Monday
Tuesday
Wednesday
Thursday
Friday

**NO
SCHOOL**

Bagel w/ Cream Cheese
Apple Slices
Orange Juice
1% White Milk

Benefit Bar
Banana
Grape Juice
1% White Milk

Concha
Craisins
Apple Juice
1% White Milk

Mini Cinni
Apple Slices
Orange Juice
1% White Milk

Cereal
Oranges
Apple Juice
1% White Milk

Bagel w/ Cream Cheese
Apple Slices
Orange Juice
1% White Milk

Benefit Bar
Banana
Grape Juice
1% White Milk

Concha
Craisins
Apple Juice
1% White Milk

Mini Cinni
Apple Slices
Orange Juice
1% White Milk

Cereal
Oranges
Apple Juice
1% White Milk

Bagel w/ Cream Cheese
Apple Slices
Orange Juice
1% White Milk

Benefit Bar
Banana
Grape Juice
1% White Milk

Concha
Craisins
Apple Juice
1% White Milk

Mini Cinni
Apple Slices
Orange Juice
1% White Milk

Cereal
Oranges
Apple Juice
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Craisins
Apple Juice
1% White Milk

Mini Cinni
Apple Slices
Orange Juice
1% White Milk

Cereal
Oranges
Apple Juice
1% White Milk

Bagel w/ Cream Cheese
Apple Slices
Orange Juice
1% White 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.