



OCTOBER 2026

RIO DEL ORO TK

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

Monday

Tuesday

Wednesday

Thursday

Friday

Chimi Nada **5**
Green Beans
Carrots
Apple
1% White Milk

Cheese Quesadilla **6**
Refried Beans
Carrots
Nectarine
1% White Milk

Edamame Rice Bow **7**
Stir Fry Veggies
Carrots
Banana
1% White Milk

Pretzel w/ Cheese **1**
Baked Beans
Celery Sticks
Carrots
1% White Milk

Domino's Cheese Piz **2**
Cucumber Sticks
Baby Carrots
Apple
1% White Milk

Pull Apart w/ Marinara **8**
Baked Beans
Celery Sticks
Carrots
1% White Milk

Domino's Cheese Piz **9**
Cucumber Sticks
Baby Carrots
Apple
1% White Milk

**NO
SCHOOL**

French Toast & Yogurt **13**
Celery Sticks
Carrots
Nectarine
1% White Milk

Pull Apart **14**
Marinara Sauce
Broccoli
Banana
1% White Milk

Grilled Cheese Sandw **15**
Green Beans
Carrots
Oranges
1% White Milk

Domino's Cheese Piz **16**
Cucumber Sticks
Baby Carrots
Apple
1% White Milk

Grilled Cheese Sandw **19**
Green Beans
Carrots
Apple
1% White Milk

Bean & Cheese Burrit **20**
Cauliflower
Carrots
Nectarine
1% White Milk

Macaroni & Cheese w/ **21**
Steamed Corn
Broccoli
Banana
1% White Milk

Pretzel w/ Cheese **22**
Baked Beans
Celery Sticks
Carrots
1% White Milk

Domino's Cheese Piz **23**
Cucumber Sticks
Baby Carrots
Apple
1% White Milk

Chimi Nada **26**
Green Beans
Carrots
Apple
1% White Milk

Cheese Quesadilla **27**
Refried Beans
Carrots
Nectarine
1% White Milk

Edamame Rice Bow **28**
Stir Fry Veggies
Carrots
Banana
1% White Milk

Pull Apart w/ Marinara **29**
Baked Beans
Celery Sticks
Carrots
1% White Milk

Domino's Cheese Piz **30**
Cucumber Sticks
Baby Carrots
Apple
1% White 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.

This institution is an equal opportunity provider.