

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



5

Waffles with Apple Compote
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

6

Chicken Biscuit
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

7

Oatmeal Muffin Square
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

8

Cheesy Breakfast Casserole
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

9

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

12

**NO
SCHOOL**

13

Mini Pancakes
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

14

Breakfast Muffin
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

15

Peach Parfait
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

16

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

19

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

20

Strawberry Parfait
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

21

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

22

Egg Bites
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

23

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

26

Mini Pancakes
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

27

Chicken Biscuit
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

28

Oatmeal Muffin Square
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

29

Cheesy Breakfast Casserole
Bagel w/ Cream Cheese
Cereal Bowl
Variety of Fruit & Juice

30

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

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.**