



# SEPTEMBER 2025

## RIO DEL ORO TK MENU

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

Monday

Tuesday

Wednesday

Thursday

Friday

**NO  
SCHOOL**

1  
**Chimi Nada**  
Refried Beans  
Carrots  
Apple  
1% White Milk

2  
**Bean & Cheese Burrito**  
Cauliflower  
Carrots  
Nectarine  
1% White Milk

3  
**Galaxy Cheese Pizza**  
Cucumber Sticks  
Baby Carrots  
Apple  
1% White Milk

4  
**Grilled Cheese Sandwich**  
Baked Beans  
Carrots  
Oranges  
1% White Milk

5  
**Pull Apart**  
Marinera Sauce  
Broccoli  
Banana  
1% White Milk

8  
**Chimi Nada**  
Refried Beans  
Carrots  
Apple  
1% White Milk

9  
**Cheese Quesadilla**  
Cauliflower  
Carrots  
Nectarine  
1% White Milk

10  
**Galaxy Cheese Pizza**  
Cucumber Sticks  
Baby Carrots  
Apple  
1% White Milk

11  
**Pancakes & Sausage**  
Or Pancakes & Yogurt  
Hash Browns  
Celery Sticks- Salad - Carrots  
Variety of Fruit

12  
**Macaroni & Cheese w/ Roll**  
Steamed Corn  
Broccoli  
Banana  
1% White Milk

15  
**Grilled Cheese Sandwich**  
Baked Beans  
Carrots  
Apple  
1% White Milk

16  
**Bean & Cheese Burrito**  
Cauliflower  
Carrots  
Nectarine  
1% White Milk

17  
**Galaxy Cheese Pizza**  
Cucumber Sticks  
Baby Carrots  
Apple  
1% White Milk

18  
**Chicken Sandwich**  
Or Pretzel & Cheese  
Green Beans  
Celery Sticks – Salad – Carrots  
Variety of Fruit  
Rice Krispie Treat

19  
**Edamame Rice Bowl**  
Stir Fry Veggies  
Carrots  
Banana  
1% White Milk

22  
**Sunbutter Sandwich**  
Celery Sticks  
Carrots  
Apple  
1% White Milk

23  
**Bean & Cheese Burrito**  
Cauliflower  
Carrots  
Nectarine  
1% White Milk

24  
**Galaxy Cheese Pizza**  
Cucumber Sticks  
Baby Carrots  
Apple  
1% White Milk

25  
**Grilled Cheese Sandwich**  
Baked Beans  
Carrots  
Oranges  
1% White Milk

26  
**Pull Apart**  
Marinera Sauce  
Broccoli  
Banana  
1% White Milk

29  
**Chimi Nada**  
Refried Beans  
Carrots  
Apple  
1% White Milk

30  
**Cheese Quesadilla**  
Cauliflower  
Carrots  
Nectarine  
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.**