

## OCTOBER 2025

RIO DEL ORO TK

Questions or concerns Contact Nutrition Services 530) 743-4428 ext. 1770 or mdelong@plusd.org

	Monday	Tuesday	Wednesday	Thursday	Friday
t			Pull Apart Marinera Sauce Broccoli Banana 1% White Milk	Grilled Cheese Sandwich Green Beans Carrots Oranges 1% White Milk	Galaxy Cheese Pizza Cucumber Sticks Baby Carrots Apple 1% White Milk
	Grilled Cheese Sandwich Green Beans Carrots Apple 1% White Milk	Cheese Quesadilla Refried Beans Carrots Nectarine 1% White Milk	Macaroni & Cheese w/ Roll Steamed Corn Broccoli Banana 1% White Milk	Mini Pancakes & Yogurt Celery Sticks Carrots Variety of Fruit 1% White Milk	Galaxy Cheese Pizza 10 Cucumber Sticks Baby Carrots Apple 1% White Milk
	NO 13 SCHOOL	Bean & Cheese Burrito 4 Cauliflower Carrots Nectarine 1% White Milk	Edamame Rice Bow Stir Fry Veggies Carrots Banana 1% White Milk	Pretzel & Cheese Baked Beans Celery Sticks Carrots 1% White Milk	Galaxy Cheese Pizza 17 Cucumber Sticks Baby Carrots Apple 1% White Milk
	Sunbutter Sandwich 20 Celery Sticks Carrots Apple 1% White Milk	Bean & Cheese Burrito2] Cauliflower Carrots Nectarine 1% White Milk	Pull Apart Marinera Sauce Broccoli Banana 1% White Milk	Grilled Cheese Sandwich3  Baked Beans  Carrots  Oranges  1% White Milk	Galaxy Cheese Pizza 24 Cucumber Sticks Baby Carrots Apple 1% White Milk
	Chimi Nada Green Beans Carrots Apple 1% White Milk	Cheese Quesadilla 28 Refried Beans Carrots Nectarine 1% White Milk	Macaroni & Cheese w/ Roll Steamed Corn Broccoli Banana 1% White Milk	Mini Waffles & Yogur 30 Celery Sticks Carrots Variety of Fruit 1% White Milk	Galaxy Cheese Pizza 31 Cucumber Sticks Baby Carrots Apple 1% White Milk