

RIO COMMUNITY SCHOOL
BREAKFAST - December 2009

Nov. 30	DECEMBER 1	2	3	4
Pizza Bagel Juice Milk <u>Nutrition Break</u> Cereal on the Go String Cheese Juice, Milk	Handful-Bacon,Cheese,Egg Juice Milk <u>Nutrition Break</u> Pretzel Goldfish String Cheese Juice, Milk	Churro Sticks Juice Milk <u>Nutrition Break</u> Cheez It Crackers Fresh Fruit Milk	Sausage/Gravy Pizza Juice Milk <u>Nutrition Break</u> Nilla Wafers String Cheese Juice, Milk	Cold Breakfast Juice Milk <u>Nutrition Break</u> Dianne's Choice (K-3) Jump Starts (4th, 5th)
7	8	9	10	11
Breakfast Quesadilla Juice Milk <u>Nutrition Break</u> Cereal Bar String Cheese Juice/Milk	Hot Pocket Juice Milk <u>Nutrition Break</u> Goldfish Crackers String Cheese Juice/Milk	Cinnamon Roll Juice Milk <u>Nutrition Break</u> Bagelful Fresh Fruit Juice/Milk	Pancake on a Stick Juice Milk <u>Nutrition Break</u> 2 hard boiled eggs Raisins Juice/Milk	Cold Breakfast Juice Milk <u>Nutrition Break</u> Dianne's Choice (K-3) Noteables (4th, 5th)
14	15	16	17	18
Handfuls-Bacon, Cheese, Egg Juice Milk <u>Nutrition Break</u> Cheese&Crackers String Cheese Juice/Milk	Pizza Bagel Juice Milk <u>Nutrition Break</u> Scooby Doo Grahams String Cheese Juice/Milk	Ultimate Breakfast Round Juice Milk <u>Nutrition Break</u> Pretzel Goldfish String Cheese Juice/Milk	Sausage/Gravy Pizza Juice Milk <u>Nutrition Break</u> Cheezits Fresh Fruit Milk	Cold Breakfast Juice Milk <u>Nutrition Break</u> Dianne's Choice (K-3) Jump Starts (4th, 5th)
21	22	23	24-No School	25- No School
Breakfast Quesadilla Juice Milk <u>Nutrition Break</u> Vanilla Sport Bites String Cheese Juice/Milk	Pancake on a Stick Juice Milk <u>Nutrition Break</u> Oatmeal on the Go String Cheese Juice/Milk	Cinnamon Roll Juice Milk <u>Nutrition Break</u> Dianne's Choice		
28-Winter Break	29-Winter Break	30-Winter Break	31-Winter Break	JANUARY 1

*Menu Subject to change due to product availability

*JANUARY'S Menus will be posted in the Rio Shopper and on the website. Elementary-Menu will be sent home with students. Middle/High School- Copies will be located in the school office.