RIO1 and RIO4 Weekly Menu			
	Breakfast	Lunch	Dinner
Sun	-		-Chicken alfredo -salad -garlic bread -strawberry and grape salad
Mon	-pancake and sausage corn dog -hashbrown bites -oranges and bananas	- chicken tenders -mac and cheese -broccoli -fruit cup	-picadillo -rice -beans -berry salad
Tues	sausage, egg, and cheese biscuit -hashbrown -oranges and bananas	-lemon pepper wings -chips -Celery and carrots -fruit cups	Hot dog night -jello fruit cups -chips
Wed	-potato and egg breakfast taco -oranges and bananas	-beef and bean burrito -roasted corn -chips -fruit cups	-chicken fajitas -rice -tortillas -peaches
Thurs	-French toast -egg muffins -oranges and bananas	-chicken patties sandwich -fries -Fruit cups	Pizza Night -jello fruit cups
Fri	-scrambled eggs -ham -toast -oranges and bananas	-nachos -beef -beans -cheese -fruit cups	-baked chicken -corn -mashed potatoes -cantaloupe
Sat	-muffins -cereal -yogurt -sausage links		