

RIO2 and RIO5 Weekly Menu

	Breakfast	Lunch	Dinner
Sun			-tostadas -beef -beans -lettuce and tomato -rice -watermelon
Mon	-sausage, egg, and cheese scramble -hash browns -oranges and bananas	-ham and cheese melt -chips -carrots -fruit cup	-bbq chicken -mac & cheese -green beans -peaches
Tues	-ham and egg breakfast tacos -oranges and bananas	-sliders -fries -lettuce -fruit cup	Hotdog night -jello fruit cups -chips
Wed	-bacon and cheese biscuit -hashbrown -oranges and bananas	-steak fingers -mashed potatoes -Texas toast -fruit cups	-ground beef with corn -rice -tortillas -strawberries and blueberries
Thurs	-French toast sticks -Sausage links -bacon -oranges and bananas	-chicken nuggets -tater tots -fruit cups	Pizza night -jello fruit cups
Fri	-egg muffins -hashbrowns -oranges and bananas	-corndogs -fries -fruit cups	-chicken with squash -rice -cantaloupe
Sat	muffins -cereal -yogurt -sausage links -oranges and bananas		