

## RIO3 and RIO6 Weekly Menu

	Breakfast	Lunch	Dinner
Sun			-spaghetti -salad -garlic bread -grapes
Mon	-Cinnamon roll -cheese omelet -orange and bananas	-cheeseburgers -fries -fruit cups	-fried chicken -mashed potatoes -dinner roll -pineapple
Tues	-Bacon and egg breakfast taco -orange and bananas	-Philly cheese steak -fries -fruit cups	-Hotdog night -jello fruit cups -chips
Wed	-ham, cheese, egg croissant sandwich -orange and bananas	-club sandwich -chips -fruit cups	-tacos -rice -lettuce & tomato -peaches
Thurs	-bacon -egg -Pancakes -orange and bananas	--macaroni casserole -texas toast -fruit cups	-Pizza night -jello fruit cups
Fri	-kolache -hashbrown bites -orange and bananas	-chicken garlic and herb pasta -bread -fruit cups	-quesadillas -guacamole -beans -watermelon
Sat	-muffins -cereal -yogurt -sausage links -orange and bananas		