

K-12 BREAKFAST MENU
MAY

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Eggs & Toast or Biscuit Offer Salsa	Chorizo & Egg Breakfast Quesadilla	Fruit & Yogurt Parfait	Cocoa Banana Muffin	Pancake & Sausage
Assorted Cereal Offered w/ Graham Crackers	Concha	Cinnamon Bun	Pancake Wrap	Sliced Breakfast Bread
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Canned Fruit	Banana	Raisins	Orange	Apple
Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milke: White & Chocolate

For breakfast, every student must take 3 items and at least one of those items must be a fruit or juice.

Rio Vista HS Lunch Menu
MAY

Monday	Tuesday	Wednesday	Thursday	Friday
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
Vegetarian Nachos	Cheese & Green Chili Tamale w/ Beans	Cheese Pizza	Lo Mein Noodles w/ Edamame	Alfredo Pasta w/ Broccoli Offered w/ Roll
Meat Nachos	Carnitas Tacos w/ Fresh Pico de Gallo	BBQ Chicken Pizza w/ Onions & Peppers	Teriyaki Beef Dippers w/ Broccoli over Rice	Plain Chicken Burger Spicy Chicken Burger
Oven Roasted Turkey & Cheese Sandwich	Chicken Caesar Salad w/ Roll	Italian Sub	Chicken Ranch Wrap	Turkey Bacon Wrap
Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:
Salsa, Jalapenos,	Super Spring Salad, Carrots	Caesar Salad, Cucumber	Sugar Snap Peas, Carrots	Pickles, Caesar Salad
Fresh Apple, Orange	Canned Fruit, Raisins	Banana, Fresh Fruit	Canned Fruit, Orange	Apple, Strawberries
Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
Cheesy Pull Aparts	Mozarella Filled Breadsticks	Cheese Pizza	Cheese Quesadilla	Pasta Bake Offered w/ Roll
Hot Turkey Ham & Cheese Sandwich w/ Fries	Sloppy Joe Sandwich	Pepperoni Pizza	Chicken Burrito Bowl w/ Fresh Pico De Gallo	Chicken Broccoli Flatbread
Fruit & Yogurt Parfait	Spicy Chicken Sandwich	Sriracha Chicken Wrap	Taco Salad w/ Chips	Turkey Bacon Wrap
Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:
Legumes, Corn	Carrots, Super Spring Salad,	Caesar Salad, Cucumber	Jalapenos, Broccoli	Caesar Salad, Baby Carrots
Fresh Apple, Orange	Canned Fruit, Raisins	Banana, Fresh Fruit	Canned Fruit, Orange	Apple, Strawberries
Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Mexican Pizza	Chili Cheese Fries Offered w/ Roll	Cheese Pizza	Mozzarella Filled Breadsticks	Homemade Grilled Cheese Sandwich
Cheeseburger Hamburger	Plain Chicken Burger Spicy Chicken Burger	BBQ Chicken Pizza w/ Onions & Peppers	Huli Huli Chicken with Red Peppers Over Rice	Chicken Corn Dog w/ Fries
Oven Roasted Turkey & Cheese Sandwich	Chicken Caesar Salad w/ Roll	Italian Sub	Chicken Ranch Wrap	Turkey Bacon Wrap
Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:
Legumes, Corn, Pickles	Carrots, Mediterranean Market Salad,	Caesar Salad, Cucumber	Carrots, Broccoli Florets	Sugar Snap Peas, Caesar Salad
Fresh Apple, Orange	Canned Fruit, Raisins	Banana, Fresh Fruit	Canned Fruit, Orange	Apple, Strawberries
Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate

5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
	Mozzarella Filled Breadsticks	Cheese Pizza	Lo Mein Noodles w/ Edamame	Alfredo Pasta w/ Broccoli Offered w/ Roll
	Carnitas or Chicken Tacos w/ Fresh Pico de Gallo	Pepperoni Pizza	Teriyaki Beef Dippers w/ Broccoli over Rice OR Ramen Shaker	Sloppy Joe Sandwich
HOLIDAY	Chicken Ranch Wrap	Sriracha Chicken Wrap	Spicy Chicken Sandwich	Turkey Bacon Wrap
	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:
	Carrots, Mediterranean Market Salad,	Caesar Salad, Cucumber	Sugar Snap Peas, Carrots	Caesar Salad, Broccoli
	Canned Fruit, Raisins	Banana, Fresh Fruit	Canned Fruit, Orange	Apple, Strawberries
	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate
6/3/2024	6/4/2024	6/5/2024	6/6/2024	6/7/2024
Cheese Quesadilla	Cheesy Pull Aparts	Cheese Pizza	Pasta Bake w/ Homemade Marinara Offered w/ Roll	TBD- Based on inventory
Chicken Burrito Bowl w/ Fresh Pico De Gallo	Hot Turkey Ham & Cheese Sandwich w/ Fries	Pepperoni Pizza	Chicken Broccoli Flatbread	Some sites have BBQs
Oven Roasted Turkey & Cheese Sandwich	Chicken Caesar Salad w/ Roll	Italian Sub	Chicken Ranch Wrap	
Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:	Garden Bar & Offers:
Legumes, Corn	Carrots, Mediterranean Market Salad,	Caesar Salad, Cucumber	Corn, Broccoli	Pickles, Caesar Salad
Fresh Apple, Orange	Canned Fruit, Raisins	Banana, Fresh Fruit	Canned Fruit, Orange	Apple, Strawberries
Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate	Milk: White & Chocolate