



River Delta School District DELTA ELEMENTARY CHARTER SCHOOL Lunch Menu OCTOBER 2023

Meal also includes: A choice of milk

Remember: Students are required to select at least 1/2 cup of fruit, juice or vegetable at every meal.

Due to supply chain issues, menus are subject to change.

Meals are free of charge to ALL students this school year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Mozzarella Stuffed Breadsticks Meatball Sub</p> <p>Legumes, Cucumber Apple, Orange</p>	<p>3</p> <p>Grilled Cheese Sandwich Chicken Burger</p> <p>Corn, Carrots, Pickles Canned Fruit, Apricot</p>	<p>4</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Jicama Sticks, Cucumber, Banana, Pear</p>	<p>5</p> <p>Bean & Cheese Pupusa Soft Chicken Tacos w/ Cheese</p> <p>Jalapenos, Salsa Canned Fruit, Raisins</p>	<p>6</p> <p>Fried Rice w/ Edamame Orange Chicken w/ Fried Rice</p> <p>Carrots, Jicama Sticks Sliced Apples, Orange</p>
<p>9</p> <p>Cheese Nachos Chicken Quesadilla</p> <p>Corn, Cucumber, Jalapenos Apple, Orange</p>	<p>10</p> <p>Macaroni & Cheese w/ Roll Chicken Nuggets w/ Crackers</p> <p>Legumes, Carrots Canned Fruit, Apricot</p>	<p>11</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Jicama, Cucumber Banana, Pear</p>	<p>12</p> <p>Teriyaki Tofu w/ Fried Rice Teriyaki Meatballs w/ Fried Rice</p> <p>Carrots, Broccoli Florets Canned Fruit, Raisins</p>	<p>13</p> <p>Bean & Cheese Burrito Hot Dog w/ Oven Fries</p> <p>Caesar Salad, Jicama Sticks Banana, Sliced Apples</p>
<p>16</p> <p>Grilled Cheese Sandwich BBQ Chicken Drumstick w/ Dinner Roll</p> <p>Legumes, Cucumber Apple, Orange</p>	<p>17</p> <p>Pasta Alfredo w/ Roll Chicken Corn Dog</p> <p>Corn, Carrots Canned Fruit, Apricot</p>	<p>18</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Jicama, Cucumber Banana, Pear</p>	<p>19</p> <p>Cheesy Pull Aparts Chicken Tenders w/ Crackers</p> <p>Carrots, Broccoli Florets Canned Fruit, Raisins</p>	<p>20</p> <p>Pasta Bake Cheeseburger Hamburger</p> <p>Caesar Salad, Jicama Sticks Banana, Sliced Apples</p>
<p>23</p> <p>Mozzarella Stuffed Breadsticks Meatball Sub</p> <p>Legumes, Cucumber Apple, Orange</p>	<p>24</p> <p>Grilled Cheese Sandwich Chicken Burger</p> <p>Caesar Salad, Carrots, Pickles Canned Fruit, Apricot</p>	<p>25</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Cucumber, Jicama Sticks Banana, Orange</p>	<p>26</p> <p>Bean & Cheese Pupusa Soft Chicken Tacos w/ Cheese</p> <p>Jalapenos, Salsa Canned Fruit, Raisins</p>	<p>27</p> <p>Fried Rice w/ Edamame Orange Chicken w/ Fried Rice</p> <p>Caesar Salad, Jicama Sticks Banana, Sliced Apples</p>
<p>30</p> <p>Cheese Nachos Chicken Quesadilla</p> <p>Corn, Cucumber, Jalapenos Apple, Orange</p>	<p>31</p> <p>Macaroni & Cheese w/ Roll Chicken Nuggets w/ Crackers</p> <p>Cookie!</p> <p>Legumes, Carrots Canned Fruit, Apricot</p>	<p>11/1</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Jicama Sticks, Cucumber Banana, Pear</p>	<p>11/2</p> <p>Teriyaki Tofu w/ Fried Rice Teriyaki Meatballs w/ Fried Rice</p> <p>Carrots, Broccoli Florets Canned Fruit, Raisins</p>	<p>11/3</p> <p>Bean & Cheese Burrito Hot Dog w/ Oven Fries</p> <p>Caesar Salad, Jicama Sticks Banana, Sliced Apples</p>



River Delta School District ELEMENTARY Breakfast Menu OCTOBER 2023

Due to supply chain issues, menus are subject to change.

Meals are free of charge to ALL students this school year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Burrito Assorted Cereal Offered w/ Graham Crackers	Fruit & Yogurt Parfait w/ Homemade Granola Concha	Cinnamon Bun Assorted Cereal Offered w/ Graham Crackers	Bagel & Cream Cheese Pancake Wrap	Sliced Breakfast Bread Benefit Bar
100% Fruit Juice Canned Fruit White Milk Chocolate Milk	100% Fruit Juice Banana White Milk Chocolate Milk	100% Fruit Juice Raisins White Milk Chocolate Milk	100% Fruit Juice Orange White Milk Chocolate Milk	100% Fruit Juice Apple White Milk Chocolate Milk

Remember: Students are required to select at least 1/2 cup of fruit, juice or vegetable at every meal.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** Program.Intake@usda.gov

This institution is an equal opportunity provider.

For menu nutritional information and foods containing common food allergens please visit www.rdusd.org