

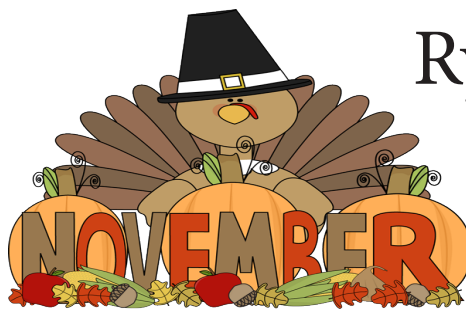
# Ryder K-2

Menu Subject To Change

All grains are whole grain

CRCS provides equal program and employment opportunities.

Students must take a fruit and/or vegetable with their meal.



## Daily Alternate Breakfast Options:

- Cereal
- Assorted Juices
- 1% White Milk
- Assorted Fat Free Milk

| MONDAY   |       | TUESDAY  |       | WEDNESDAY   |       | THURSDAY  |       | FRIDAY  |       |
|--|-------|--|-------|---|-------|---|-------|---|-------|
| 29   | Day 1 | 30   | Day 2 | 31  | Day 3 | 1   | Day 4 | 2   | Day 5 |
| Cinnamon Toast<br>~~~~~<br>Chicken Strips<br>BBQ Sauce<br>Bread Slice<br>~~~~~<br>Peanut Butter and Jelly Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR<br>Cinnamon Applesauce<br>~~~~~<br>Vegetable Choices:<br>Broccoli Cuts<br>Assorted Vegetables<br>Mashed Potatoes         |       | Breakfast Bun<br>~~~~~<br>Macaroni and cheese<br>Ham Roll<br>~~~~~<br>Tuna Salad Sandwich<br>~~~~~<br>Fruit Choices:<br>Apples OR Mandarin Oranges<br>~~~~~<br>Vegetable Choices:<br>Baked Oven Fries<br>Oven Baked Beans<br>Corn                    |       | Muffin<br>~~~~~<br>Mozzarella Sticks<br>Pasta w/ Sauce<br>Garlic Toast<br>~~~~~<br>Bologna Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Mixed Fruit<br>~~~~~<br>Vegetable Choices:<br>Mixed Vegetables<br>Assorted Vegetables  |       | Pancake Stick Syrup<br>~~~~~<br>Waffle Sticks Syrup<br>Sausage Patty<br>~~~~~<br>Turkey Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Mandarin Oranges<br>~~~~~<br>Vegetable Choices:<br>Baby Cakes OR<br>Assorted Vegetables |       | French Toast Sticks Syrup<br>~~~~~<br>Assorted Pizza<br>~~~~~<br>Ham Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh Fruit OR Spiced Pears<br>~~~~~<br>Vegetable Choices:<br>Golden Corn<br>Sweet Carrot Coins |       |
| 5  | Day 6 | 6  | Day 1 | 7   | Day 2 | 8   | Day 3 | 9   | Day 4 |
| Bagel w/ Cream Cheese<br>~~~~~<br>Popcorn Chicken<br>BBQ Sauce/ Ketchup<br>Bread Slice<br>~~~~~<br>Peanut Butter and Jelly Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Mixed Fruit<br>~~~~~<br>Vegetable Choices:<br>Steamed Spinach<br>Assorted Vegetables<br>Mashed Potatoes |       | Breakfast Sandwich<br>~~~~~<br>1/2 Mozzarella & 1/2 American<br>Toasted Cheese Sandwich<br>~~~~~<br>Tuna Salad Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Peaches<br>~~~~~<br>Vegetable Choices:<br>Tomato Soup<br>Assorted Vegetables          |       | Muffin<br>~~~~~<br>Taco/Nacho Seasoned Meat<br>Shredded Cheese OR<br>Cheese Sauce<br>Chips<br>Brown Rice<br>Salsa<br>~~~~~<br>Bologna Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Applesauce<br>~~~~~<br>Vegetable Choices:<br>Mexican Corn<br>Lettuce & Tomato Cup |       | Pancake Sticks<br>~~~~~<br>Oven Roasted Hot Dog<br>Ketchup/Mustard/Relish<br>~~~~~<br>Ham Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Peaches<br>~~~~~<br>Vegetable Choices:<br>Baked Tator Tots<br>Oven Bakes Beans        |       | French Toast Sticks Syrup<br>~~~~~<br>Assorted Pizza<br>~~~~~<br>Ham Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh Fruit OR Spiced Pears<br>~~~~~<br>Vegetable Choices:<br>Golden Corn<br>Sweet Carrot Coins |       |
| 12   |       | 13   | Day 5 | 14  | Day 6 | 15  | Day 1 | 16  |       |
|  <p>Veterans Day</p>  |       | Breakfast Bun<br>~~~~~<br>Chicken Nuggets<br>BBQ Sauce<br>Bread Slice<br>~~~~~<br>Tuna Salad Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Pineapple Chunks<br>~~~~~<br>Vegetable Choices:<br>Baby Cakes<br>Assorted Vegetables<br>Mashed Potatoes |       | Muffin<br>~~~~~<br><b>Thanksgiving Feast</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Dinner Roll<br>Mixed Vegetables<br>Cranberry Sauce<br>Baked Sweet Potato<br>Assorted Pudding<br>Stuffing   |       | Pancake Sticks<br>~~~~~<br>Assorted Pizza<br>~~~~~<br>Ham Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh OR Mixed Fruit<br>~~~~~<br>Vegetable Choices:<br>Assorted Vegetables<br>Broccoli Cuts                                    |       | Parent Teacher Conference Day<br>No Students K-12<br>  |       |
| 19   | Day 2 | 20   | Day 3 | 21  |       | 22  |       | 23  |       |
| Bagel w/ Cream Cheese<br>~~~~~<br>Chicken Burger<br>~~~~~<br>Peanut Butter and Jelly Sandwich<br>~~~~~<br>Fruit Choices:<br>Fresh Or Mixed Fruit<br>~~~~~<br>Vegetable Choices:<br>Steamed Spinach<br>Assorted Vegetables<br>Mashed Potatoes                                       |       | Muffin<br>~~~~~<br>Turkey Bag Day<br>Snack Chips<br>~~~~~<br>Fresh Fruit<br>~~~~~<br>Fresh Vegetables<br>~~~~~<br>Cookie   |       |   |       |  <p>Thanksgiving Recess</p>   |       |   |       |