



Students must take a fruit/vegetable  
as part of a reimbursable meal

**DECEMBER 2018**

**RYDER SCHOOL K=2**

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES

**MENU SUBJECT TO CHANGE** WG CEREAL/FF AND 1% ASSORTED MILK/100% FRUIT JUICE AVAILABLE EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26 <i>Day 4</i></p> <p>WG Donuts</p> <p>WG Chicken Strips/WG Roll</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Pineapple Chunks</p> <p>Vegetable Choices ¾ cup Sweet Carrot Coins Mashed Potatoes</p>	<p>27 <i>Day 5</i></p> <p>WG Breakfast Buns</p> <p>Hamburger/Cheese Burgers</p> <p>Pickle Chips</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ cup Oven Fries Oven Baked Beans</p>	<p>28 <i>Day 6</i></p> <p>WG Muffin</p> <p>Mozzarella Sticks/Garlic Roll Seasoned Pasta</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit Cup</p> <p>Vegetable Choices ¾ cup Mixed Vegetables Beets</p>	<p>29 <i>Day 1</i></p> <p>WG Pancake Stick/Syrup</p> <p>WG Waffle Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich WW Bread 2oz</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Baby Cakes Broccoli Cuts</p>	<p>30 <i>Day 2</i></p> <p>WG French Toast Stick Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Spinach Golden Corn/</p>
<p>3 <i>Day 3</i></p> <p>WG Bagel/Cream Cheese</p> <p>12. WG Popcorn Chicken WG Roll.</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>4 <i>Day 4</i></p> <p>WG Breakfast Bun</p> <p>Quesadilla OR Mexican Pizza</p> <p>Seasoned Rice</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Mexican Corn</p>	<p>5 <i>Day 5</i></p> <p>WG Muffin</p> <p>Turkey Gravy and Biscuits Cranberry Sauce</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Mixed Vegetables Mashed Potatoes</p>	<p>6 <i>Day 6</i></p> <p>Fruit &amp; Yogurt Parfait/Granola</p> <p>Mini Pancakes/Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Green Beans Baby cakes</p>	<p>7 <i>Day 1</i></p> <p>WG French Toast Sticks 1oz Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza 2</p> <p>Ham 1.5oz Cheese .5oz WW Bread 2 oz RF Mayo 1 pk, Mustard 1pk</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Green Beans</p>
<p>10 <i>Day 2</i></p> <p>WG Cinnamon Toast</p> <p>WG Chicken Strips 2oz BBQ Sauce 1 Oz WG Bread Slice 1oz</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Broccoli Cuts Mashed Potatoes</p>	<p>11 <i>Day 3</i></p> <p>WG Breakfast Bun</p> <p>Sausage, Egg &amp; Cheese Sandwich WG Croissant</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce Cups</p> <p>Vegetable Choices ¾ Cup Oven Baked Tater Tots Mixed Vegetables</p>	<p>12 <i>Day 4</i></p> <p>Yogurt Parfait/Granola</p> <p>Baked Rotini &amp; Meatballs Garlic Breadsticks</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit Cups</p> <p>Vegetable Choices ¾ Cup Mixed Greens (1c=1/2c) Green Beans</p>	<p>13 <i>Day 5</i></p> <p>WG Pancake Stick Syrup</p> <p>Oven Roasted Hot Dogs WG Roll/Sauerkraut</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Berry Cups</p> <p>Vegetable Choices ¾ cup Oven Baked Beans Oven Fries</p>	<p>14 <i>Day 6</i></p> <p>WG French Toast Stick Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Golden Corn/R/O</p>
<p>17 <i>Day 1</i></p> <p>WG Bagel/Cream Cheese</p> <p>3 WG Chicken Strips WG Roll</p> <p>WG Peanut Butter/Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Mashed Potatoes Steamed Spinach</p>	<p>18 <i>Day 2</i></p> <p>WG Breakfast Bun</p> <p>Manwich Sloppy Joes Wg Sunchips</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Warm Spiced Pears</p> <p>Vegetable Choices ¾ cup Oven Baked Beans Broccoli Cuts</p>	<p>19 <i>Day 3</i></p> <p>WG Muffin</p> <p>Turkey Bag Day WG Snack Chips</p> <p>Fresh Fruit ¾ cup Fresh Vegetables WG Cookie</p>	<p>20 <i>Day 4</i></p> <p>WG Pancake Sticks</p> <p>French Toast Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ cup Baby Cakes Sweet Carrot Coins</p>	<p>21 <i>Day 5</i></p> <p>WG French Toast Sticks</p> <p>Assorted WG Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mixed Berry Cups</p> <p>Vegetable Choices ¾ cup Mixed Greens (1c=1/2c) Golden Corn</p>

