



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

JANUARY 2019

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>31</p> <p>NO SCHOOL</p> 	<p>1</p> <p>HAPPY NEW YEAR!!!</p>	<p>2</p> <p>—</p>  <p>NO SCHOOL</p>	<p>3</p> <p>Day 6</p> <p>WG Pancake Stick/Syrup</p> <p>WG Mini Pancakes Sausage Patty</p> <p>Turkey & 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>4</p> <p>Day 1</p> <p>WG French Toast Stick Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza</p> <p>Ham & Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Spinach Golden Corn/</p>
<p>7</p> <p>Day 2</p> <p>WG Bagel/Cream Cheese</p> <p>12. WGPopcorn 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 Spinach Mashed Potatoes</p>	<p>8</p> <p>Day 3</p> <p>WG Breakfast Bun</p> <p>Macaroni & Cheese WG Roll</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Broccoli Cuts</p>	<p>9</p> <p>Day 4</p> <p>WG Muffin</p> <p>WG Mozzarella Sticks/Pasta Sauce/WG Baked Pasta WG Garlic Roll</p> <p>Bologna & Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Mixed Vegetables Beets</p>	<p>10</p> <p>Day 5</p> <p>Pancake Sticks Syrup</p> <p>French Toast Sticks/Sausage Patty</p> <p>Turkey & Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Babycakes</p>	<p>11</p> <p>Day 6</p> <p>WG French Toast Sticks 1oz Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza 2</p> <p>Ham & Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Green Beans</p>
<p>14</p> <p>Day 1</p> <p>WG Bagels Cream Cheese</p> <p>WG Chicken Nuggets WG Bread Slice</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>15</p> <p>Day 2</p> <p>WG Breakfast Bun</p> <p>Hamburger/Cheese Burger WG Roll/Pickle Chips</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>16</p> <p>Day 3</p> <p>WG Muffin</p> <p>Taco/Nacho/Seasoned Meat/Chips/Cheese Seasoned Rice</p> <p>Bologna & 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>17</p> <p>Day 4</p> <p>WG Pancake Stick Syrup</p> <p>Oven Roasted Hot Dogs WG Roll/WG Sunchips</p> <p>Turkey & Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Berry Cups</p> <p>Vegetable Choices ¾ cup Oven Baked Beans Sauerkraut</p>	<p>18</p> <p>Day 5</p> <p>WG French Toast Stick Syrup</p> <p>WG Fresh or Assorted RF Cheese Pizza</p> <p>Ham & 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>21</p> <p>Day</p>  <p>MARTIN LUTHER KING JR. DAY</p> <p>NO SCHOOL</p>	<p>22</p> <p>Day 6</p> <p>WG Breakfast Bun</p> <p>WG Chicken Strips WG Roll</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Warm Spiced Pears</p> <p>Vegetable Choices ¾ cup Mashed Potatoes Broccoli Cuts</p>	<p>23</p> <p>Day 1</p> <p>Yogurt & Fruit Parfaits</p> <p>Turkey Bag Day WG Snack Chips Fresh Fruit ¾ cup Fresh Vegetables WG Cookie</p> 	<p>24</p> <p>Day 2</p> <p>WG Pancake Sticks</p> <p>Assorted WG Pizza</p> <p>Turkey & Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ cup Golden Corn Sweet Carrot Coins</p>	<p>25</p> <p>Day 3</p> <p>WG French Toast Sticks</p> <p>½ Day</p> <p>GRAB AND GO</p> <p>PBJ Pocket WG Snack Chips Fresh Fruit Fresh Veggies WG Cookie</p>