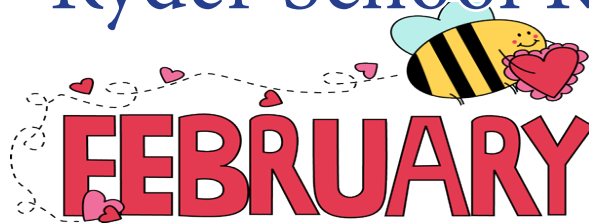


Ryder School K-2

M/ma=meat/meat alternate
 WG=Whole Grain WW=Whole
 Wheat RF=Reduced Fat
 FF=Fat Free RS=Reduced Sodium
 R/ORed/Orange G=DarkGreen B/
 P=Beans/Peas S=Starchy O=Other



CRCS PROVIDES EQUAL PRO-
 GRAM AND EMPLOYMENT
 OPPORTUNITIES
 MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Day 4 WG Bagel RF Cream Cheese ~~~~~ 3 WG Popcorn Chicken 2oz BBQ Sauce WW Bread Slice ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Mashed Potatoes	29 Day 5 WW Breakfast Bun ~~~~~ Grilled Cheese and Tomato Soup ~~~~~ Tuna Salad Sandwich /RF Mayo/ Bread with Romaine ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Tomato/Black Bean Salsa /R/O Golden Corn/R/O	30 Day 6 WW Muffin ~~~~~ 4 WG Mozzarella sticks Pasta Sauce/R/O WW pasta ¼ cup Garlic Roll ~~~~~ Bologna Cheese .5oz WW Bread RF Mayo 1pk/Mustard 1 pk ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Mixed Vegetables/R/O Oven Baked Beans/B/P	31 Day 1 Pancake Stick/Syrup ~~~~~ 4 French Toast Sticks Syrup 5oz, Sausage Patty ~~~~~ Turkey Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Pineapple Chunks ~~~~~ Vegetable Choices ¾ Cup Green Beans/R/O Babycakes/O	1 Day 2 WG French Toast Sticks 1oz Syrup ~~~~~ Assorted WG Round RF Cheese Pizza ~~~~~ Ham Cheese WW Bread RF Mayo 1 pk, Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Steamed Spinach/G
4 Day 3 WW Cinnamon Toast ~~~~~ 12 ea. WG Chicken Nuggets WG Roll. ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Mashed Potatoes	5 Day 4 WW Breakfast Bun ~~~~~ Spaghetti and Meat Balls with a Garlic roll ~~~~~ Tuna Salad Sandwich RF Mayo With Romaine/G ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Tomato Soup R/O Mixed Vegetables/R/O	6 Day 5 WW Muffin ~~~~~ Sausage, Egg & Cheese or Bacon, Egg & Cheese on a Croissant ~~~~~ Bologna & Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Applesauce ~~~~~ Vegetable Choices ¾ Cup Oven Tots Green Beans/O	7 Day 6 Pancake Stick/Syrup 1 oz ~~~~~ Oven Roasted Hot Dog WW Dog Roll Ketchup 2pk 9gm/Mustard 1pk/Relish 1pk ~~~~~ Turkey Cheese .5oz WW Bread RF Mayo 1 pk ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Baked Oven Fries Oven Baked Beans/B/P	8 Day 1 WG French Toast Sticks Syrup ~~~~~ Assorted WG RF Cheese Pizza ~~~~~ Ham Cheese WW Bread Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Golden Corn/R/O
11 Day 2 Donuts ~~~~~ 5 WG Chicken Strips BBQ Sauce WW Bread Slice ~~~~~ Peanut Butter and Jelly 1 oz Peanut Butter, WW Bread 2 oz ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mashed Potatoes/O	12 Day 3 WW Breakfast Bun ~~~~~ Mini Pancakes, Sausage Patty ~~~~~ Tuna Salad Sandwich / RF Mayo With Romaine/G ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Babycakes OR Assorted Vegetables/O	13 Day 4 WW Muffin ~~~~~ Taco/Nacho Seasoned Meat Shredded RF Cheese OR RF Cheese Sauce RS WG Chips WG Brown Rice/Salsa R/O ~~~~~ Bologna Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Apple Sauce ~~~~~ Vegetable Choices ¾ Cup Tomato/Black Bean Salsa /R/O Golden Corn/R/O	14 Day 5 Breakfast Pizza ~~~~~ Sloppy Joe with Snack Chips ~~~~~ Turkey Sandwich ~~~~~ Fruit Choice 1/2 cup Fresh Strawberries ~~~~~ Vegetable Choice 3/4 cup Green Beans Mixed Vegetables	15 Day 6 WG French Toast Sticks Syrup ~~~~~ Assorted WG Round RF Cheese Pizza ~~~~~ Ham Cheese WW Bread Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Oven Baked Beans/B/P
Winter Recess Feb. 18-22				
25 Day 1 Bagels ~~~~~ 3 WG Chicken Patty BBQ Sauce WG Roll. ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Apple- sauce ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Mashed Potatoes	26 Day 2 WW Breakfast Bun ~~~~~ RF Beef Burgers with Cheese WG Roll Ketchup 2 pk 9gm 2 Pickle Slices/O ~~~~~ Tuna Salad Sandwich RF Mayo/Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Baked Oven Fries Oven Baked Beans/B/P	27 Day 3 WW Muffin ~~~~~ Turkey Bag Day WG snack Chips ~~~~~ Apple ~~~~~ Mini Carrots ~~~~~ WG Cookie	28 Day 4 Pancake Stick/Syrup 1 oz ~~~~~ 4 French Toast Sticks Syrup Sausage Patty ~~~~~ Turkey Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Pineapple ~~~~~ Vegetable Choices ¾ Cup Green Beans/R/O Babycakes/O	1 Day 5 Parfait ~~~~~ Assorted WG RF Round Cheese Pizza ~~~~~ Ham Cheese WW Bread RF Mayo 1 pk, Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Golden Corn/R/O