

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

Ryder School K-2



CRCS PROVIDES EQUAL PROGRAM AND
 EMPLOYMENT OPPORTUNITIES
 MENU SUBJECT TO CHANGE

PARP (Pick A Reading Partner)
 Theme:

Reading Takes You Places

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Day 5 "Chicken Little" Bagel with Cream Cheese ~~~~~ Kickin' Chicken Nuggets ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices Fresh OR Mixed Fruit ~~~~~ Vegetable Choices Sweet Carrot Coins Mashed Potatoes	5 Day 6 "Grill Cheese and Dragons" Breakfast Bun ~~~~~ Say "Cheese" Sandwich ~~~~~ Tuna Salad Sandwich with Mayo ~~~~~ Fruit Choices Fresh OR Peaches ~~~~~ Vegetable Choices Tomato Soup Green Beans	6 Day 1 "Cloudy With a Chance of Meatballs" Homemade Muffin ~~~~~ Mama's Spaghetti and Meatballs ~~~~~ Bologna & Cheese Sandwich ~~~~~ Fruit Choices Fresh OR Applesauce ~~~~~ Vegetable Choices Assorted Veggies Mixed Greens/Dressing	7 Day 2 "Hot Diggly Dog" Bacon, Egg, and Cheese Croissant ~~~~~ Diggly Hot Dogs ~~~~~ Turkey and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh Fruit OR Fruit Cups ~~~~~ Vegetable Choices Oven Baked Beans Golden Corn	8 Day 3 "The Princess and the Pizza" Waffle Sticks with Syrup ~~~~~ Assorted Cheese Pizza ~~~~~ Ham and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices Broccoli Cuts Assorted Vegetables
11 Day 4 "Peanut Butter and Jelly Fish" Peanut OR Jelly on a Croissant ~~~~~ Crispy Chicken Strips BBQ Sauce Bread Slice ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices Fresh OR Peaches ~~~~~ Vegetable Choices Sweet Carrot Coins Seasoned Potatoes	12 Day 5 "Lady Pancake and Sir French Toast" Breakfast Bun ~~~~~ Sir French Toast Sticks and Sausage Patty ~~~~~ Tuna Salad Sandwich Mayo ~~~~~ Fruit Choices Fresh OR Mixed Fruit ~~~~~ Vegetable Choices Baby cakes Seasoned Veggies	13 Day 6 "If You Can Give a Moose a Muffin" Marvelous Muffin ~~~~~ Ooey Goopy Mozzarella Sticks Garlic Roll and Side of Baked Pasta ~~~~~ Bologna and Cheese Sandwich ~~~~~ Fruit Choices Fresh OR Apple Sauce ~~~~~ Vegetable Choices Steamed Spinach Green Beans	14 Day 1 "Burger Boy" Breakfast Pizza ~~~~~ Benny's Hamburgers ~~~~~ Turkey and Cheese Sandwich Mayo ~~~~~ Fruit Choices Fresh OR Pineapple ~~~~~ Vegetable Choices Tater Tots Oven Baked Beans	15 Day 2 "Curious George and The Pizza Party" Donuts ~~~~~ George's Cheese Pizza ~~~~~ Ham and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices Broccoli Cuts Assorted Veggies
18 Day 3 "Chicken to the Rescue" Bagel with Cream Cheese ~~~~~ Popin Chicken Strips BBQ Sauce Bread Slice ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices Fresh OR Peaches ~~~~~ Vegetable Choices Sweet Carrot Coins Mashed Potatoes	19 Day 4 "Mac and Cheese a Friendship Story" Breakfast Bun ~~~~~ Buddy Mac and Cheese ~~~~~ Tuna Salad Sandwich Mayo ~~~~~ Fruit Choices Fresh OR Mixed Fruit ~~~~~ Vegetable Choices French Fries OR Oven Baked Beans	20 Day 5 "Captain Awesome VS Nacho Cheese" Muffin ~~~~~ Macho Taco/Nachos with Seasoned Meat, Shredded Cheese, OR Cheese Sauce Chips/Brown Rice/Salsa ~~~~~ Bologna and Cheese sandwich ~~~~~ Fruit Choices Fresh OR Apple Sauce ~~~~~ Vegetable Choices Tomato and Black Bean Salsa Golden Corn	21 Day 6 "The Princess and The Pizza" Waffle Sticks/Syrup ~~~~~ Royal Pizza ~~~~~ Ham and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh OR Spiced Pears ~~~~~ Vegetable Choices Broccoli Cuts Assorted Veggies	22 Staff Development Day Buildings Closed
25 Day 1 "Chicken in Space" Bagel with Cream Cheese ~~~~~ Chicken Surprise With Roll ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices Sweet Carrot Coins Mashed Potatoes	26 Day 2 "BBQ Picnic days" Breakfast Bun ~~~~~ BBQ Rib Sandwich ~~~~~ Tuna Salad Sandwich Mayo ~~~~~ Fruit Choices Fresh OR Peaches ~~~~~ Vegetable Choices Tater Tots Cole Slaw	27 Day 3 "PB and J Hooray" Homemade Muffin ~~~~~ Bag Day PBJ Pocket ~~~~~ Chips ~~~~~ Fresh Fruit ~~~~~ Assorted bag of fresh veggies ~~~~~ Cookie	28 Day 4 "Oh the Places You'll Go" Pancake Sticks with Syrup ~~~~~ Cat in the Hat Pizza Party ~~~~~ Turkey and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh OR Spiced Pears ~~~~~ Vegetable Choices Broccoli Cuts Assorted Veggies	29 Day 5 "Pigs in a Blanket" French Toast Sticks/ Syrup ~~~~~ Pigs in a Blanket Beach Party BBQ Hot Dog ~~~~~ Turkey and Cheese Sandwich Mustard ~~~~~ Fruit Choices Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices Assorted Veggies Oven Baked Beans Oven Fries