

REMINDER: All C-R students will receive a breakfast and lunch at no cost for the 2023-2024 school year due to the Community Eligibility Provision Funded by the USDA



JANUARY

Ryder Elementary

Breakfast available everyday:
Assorted cereal, milk and juice daily
Menu subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>No School</p>	<p>2 Day 5</p> <p>Poptart</p> <p>-----</p> <p>Chicken Nuggets Whole Grain Roll</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mashed Potatoes Broccoli Cuts</p>	<p>3 Day 6</p> <p>Chocolate Muffin</p> <p>-----</p> <p>Mozzarella Sticks with Dipping Sauce</p> <p>-----</p> <p>Bologna and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Carrots and Ranch Mixed Veggies</p>	<p>4 Day 1</p> <p>Mini Cinnamon Stick</p> <p>-----</p> <p>BBQ Rib Sandwich</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Corn Oven Baked Beans French Fries</p>	<p>5 Day 2</p> <p>Bagel with Cream Cheese</p> <p>-----</p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mixed Veggies Mixed Greens</p>
<p>8 Day 3</p> <p>Apple Frudel Bar</p> <p>-----</p> <p>Chicken Parm Sandwich</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Green Beans Broccoli and Cheese Sauce</p>	<p>9 Day 4</p> <p>Blueberry Muffin</p> <p>-----</p> <p>Tacos Spanish Rice</p> <p>-----</p> <p>Chicken Salad Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Corn Cowboy Salsa</p>	<p>10 Day 5</p> <p>Oatmeal</p> <p>-----</p> <p>Mac and Cheese</p> <p>-----</p> <p>Ham and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Broccoli Sweet Potatoes</p>	<p>11 Day 6</p> <p>Chocolate Swirl Bun</p> <p>-----</p> <p>Hot Dog</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Pasta Salad Baked Beans</p>	<p>12 Day 1</p> <p>Golden Graham Bar</p> <p>-----</p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Garlic Noodles Mixed Veggies</p>
<p>15</p> <p>Martin Luther King Jr. Day</p>  <p>No School</p>	<p>16 Day 2</p> <p>Cinnamon Swirl Bar</p> <p>-----</p> <p>Popcorn Chicken Whole Grain Roll</p> <p>-----</p> <p>Peanut Butter and Jelly</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Corn Mashed Potatoes and Gravy</p>	<p>17 Day 3</p> <p>Breakfast Sandwich</p> <p>-----</p> <p>Toasted Cheese or Toasted Ham and Cheese</p> <p>-----</p> <p>Ham and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Tomato Soup Mixed Veggies</p>	<p>18 Day 4</p> <p>Yogurt Parfait</p> <p>-----</p> <p>Meaty Baked Pasta Garlic Roll</p> <p>-----</p> <p>Bologna and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Green Beans Beets</p>	<p>19 Day 5</p> <p>Strawberry Bagel Sticks</p> <p>-----</p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mixed Greens Mixed Vegetables</p>
<p>22 Day 6</p> <p>Mini Cinnamon Sticks</p> <p>-----</p> <p>Chicken Tenders</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mashed Potatoes Spinach</p>	<p>23 Day 1</p> <p>Pancake Sticks</p> <p>-----</p> <p>Sloppy Joe</p> <p>-----</p> <p>Tuna Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Tator Tots Carrots</p>	<p>24 Day 2</p> <p>Banana Muffin</p> <p>-----</p> <p>Spaghetti and Meatballs Dinner Roll</p> <p>-----</p> <p>Ham and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mixed Greens Green Beans</p>	<p>25 Day 3</p> <p>Cinnamon Toast Crunch Bar</p> <p>-----</p> <p>Hamburger/Cheeseburger</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Tator Tots Baked Beans</p>	<p>26 Day 4</p> <p>Poptart</p> <p>-----</p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mixed Veggies Pasta Salad</p>