

# APRIL

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### RIDER K-12 MENU

R. Yoder, FSS - 740-633-1732 ext. 0



**Breakfast is FREE!**

#### LUNCH PRICES

Elementary \$3.25

MS/HS \$3.50

Reduced Price \$.40

Adult Meals \$4.75

Students must choose at least 3 of 4 items offered at breakfast and 3 of 5 items offered at lunch.

One item must be a ½ cup of fruit or vegetable.

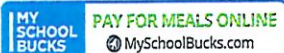
**Jammers available daily!**

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**Limit Screen Time  
And Aim For  
Some Physical Activity  
Every Day.**

#### NO CHARGING

Snacks or Ala carte items.

Students must have money on their account to purchase other items.



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Banana Chocolate Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

Hamburger on WG Bun  
Potato Wedges - Pickles  
Fresh Fruit  
White or Chocolate Milk

Cereal Bar  
Raisins - Fruit Juice  
White or Chocolate Milk

Chicken Drumstick - WG Roll  
Corn - Broccoli  
Fresh Fruit  
White or Chocolate Milk

Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

Pulled Pork on WG Bun  
Broccoli & Cheese - Pickles  
Fresh Fruit  
White or Chocolate Milk

Banana Chocolate Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

Cereal Bar  
Raisins - Fruit Juice  
White or Chocolate Milk

Mac-n-Cheese - WG Roll  
Corn - Broccoli  
Fresh Fruit  
White or Chocolate Milk

Banana Chocolate Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

Hamburger on WG Bun  
Potato Wedges - Pickles  
Fresh Fruit  
White or Chocolate Milk

Apple Frudel  
Applesauce - Fruit Juice  
White or Chocolate Milk

Cheeseburger on WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

CC French Toast  
Raisins - Fruit Juice  
White or Chocolate Milk

Chicken Nuggets - M. Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

Grape Crescent  
Raisins - Fruit Juice  
White or Chocolate Milk

Spaghetti with Meat Sauce  
WW Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Breakfast Sandwich  
Applesauce - Fruit Juice  
White or Chocolate Milk

DeFelice Pizza  
Carrots - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Chocolate Crescent  
Raisins - Fruit Juice  
White or Chocolate Milk

Spaghetti with Meat Sauce  
WW Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Confetti Pancakes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Gr. Chicken on WG Bun  
Sweet Potato Fries - Pickles  
Fresh Fruit  
White or Chocolate Milk

Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

Gr. Chicken - WW Bread  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Texas Toast  
Applesauce - Fruit Juice  
White or Chocolate Milk

Chicken & Rotini - WG Roll  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Texas Toast  
Applesauce - Fruit Juice  
White or Chocolate Milk

Spaghetti with Meat Sauce  
WW Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Texas Toast  
Craisins - Applesauce  
White or Chocolate Milk

Chicken Nachos & Cheese  
Black Beans - Salsa  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Toast Crunch  
Craisins - Fruit Juice  
White or Chocolate Milk

Cheese Quesadilla  
Tossed Salad - Salsa  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

WW Grilled Cheese  
Chili - Pickles - Crackers  
Fresh Fruit  
White or Chocolate Milk

Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

Nachos - Meat & Cheese  
Black Beans - Salsa  
Fresh Fruit  
White or Chocolate Milk

Cinnamon Texas Toast  
Craisins - Applesauce  
White or Chocolate Milk

Spaghetti with Meat Sauce  
WW Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Super Donut  
Fresh Fruit - Fruit Juice  
White or Chocolate Milk

Pizza Rippers  
Spinach Salad - Carrots  
Fresh Fruit  
White or Chocolate Milk

Glazed Donut  
Applesauce - Fruit Juice  
White or Chocolate Milk

DeFelice Pizza  
Carrots - Green Beans  
Fresh Fruit  
White or Chocolate Milk

Donut Holes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Pizza Hut Rollers  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

Super Donut  
Fresh Fruit - Fruit Juice  
White or Chocolate Milk

WG Tony's Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

Super Donut  
Fresh Fruit - Fruit Juice  
White or Chocolate Milk

WG Tony's Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

