

## District or School Information

### Each district or school will provide copies of the report available to the public upon request.

State law in Ohio requires each school district board of education and each chartered nonpublic school board or governing authority to adopt and enforce nutrition standards governing the types of food and beverages available for sale on the premises of its schools. Additionally, the board or governing authority must specify the time and place each type of food or beverage is available for sale. The standards specified for beverages and food are minimum standards. Local districts and schools may adopt higher standards.

Each board or governing authority assigns staff to make sure that the district or school meets the nutrition standards in state law. The staff prepares an annual report regarding the district's or school's compliance with the standards. Completion of this survey fulfills the district or school's requirement to report to the Ohio Department of Education its compliance with state law. The board or governing authority must schedule an annual presentation on the report at one of its regular meetings and include the date of the annual presentation in this survey.

\* 1. IRN:

044347

\* 2. Organization Name:

Martins Ferry City School District

\* 3. By checking this option I attest that...

- The district or school named above has adopted and is enforcing a nutrition standards policy that considers the requirements of Ohio Revised Code 3313.814 and governs the types of food and beverages that may be sold on the premises of its school(s).
- The district or school named above has not adopted and/or is not enforcing a nutrition standards policy that considers the requirements of Ohio Revised Code 3313.814 and governs the types of food and beverages that may be sold on the premises of its school(s).

## Board or Governing Authority Meeting Presentation

\* 4. Date of board or governing authority meeting presentation:

Date

MM	DD	YYYY
06	29	2023

\* 5. Name of district or school staff person responsible for ensuring that the school district or school meets the nutrition standards as required by law:

Name: Rhonda Yoder

Title: Food Service Supervisor

Phone Number: 740-633-1732 ext. 0

Email Address: rhonda.yoder@mfcisd.org



Book	Policy Manual
Section	8000 Operations
Title	FOOD SERVICES
Code	po8500
Status	Active
Adopted	May 1, 1986
Last Revised	April 5, 2022

#### 8500 - FOOD SERVICES

The Board of Education shall provide cafeteria facilities in all school facilities where space and facilities permit and will provide food service for the purchase and consumption of meals for all students. The Board shall also provide a breakfast program in accordance with procedures established by the Department of Education. The Board shall annually encumber the funds needed to operate the program.

The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages including, but not limited to, the current USDA's school meal pattern requirements and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

The Board does not discriminate on the basis of race, color, national origin, sex (including sexual orientation or gender identity), disability, age (except as authorized by law), religion, military status, ancestry, or genetic information (collectively, "Protected Classes") in its educational programs or activities. Students and all other members of the School District community and third parties are encouraged to promptly report incidents of unlawful discrimination and/or retaliation to a teacher, administrator, supervisor, or other District official so that the Board may address the conduct. See Policy 2260 - Nondiscrimination and Access to Equal Educational Opportunity.

The Board shall approve and implement nutrition standards governing the types of food and beverages that may be sold on the premises of its schools and shall specify the time and place each type of food or beverage may be sold. In adopting such standards, the Board shall:

- A. consider the nutritional value of each food or beverage;
- B. consult with a dietitian licensed under R.C. Chapter 4759, a dietetic technician registered by the commission on dietetic registration, or a school nutrition specialist certified or credentialed by the school nutrition association;
- C. consult and incorporate to the maximum extent possible the dietary guidelines for Americans jointly developed by the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services; and
- D. consult and incorporate the USDA Smart Snacks in School nutrition guidelines.

No food or beverage may be sold on any school premises except in accordance with the standards approved by the Board.

In addition, as required by law, a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system shall be implemented with the intent of preventing food-borne illnesses. For added safety and security, access to the facility and the food stored and prepared therein shall be limited to food service program staff and other authorized persons.

The Board shall provide a Federal food service program for students during summer intervention programs that are mandated under Federal law. If the Board determines that it is unable to provide a Federal food service program during the summer for financial reasons, the Board will communicate that decision to its residents in a manner it determines to be appropriate.

During all times while the food service program is operating and students are being served food, at least one (1) employee shall be present in the area in which the food is being consumed who has received instruction in methods to prevent choking and demonstrated an ability to perform the Heimlich maneuver.

#### Substitutions

If determined appropriate by a student's Section 504 team, substitutions to the standard meal requirements shall be made, at no additional charge, for students for whom a health care provider who has prescriptive authority in the State of Ohio has provided medical certification that the student has a disability that restricts his/her diet, in accordance with the criteria set forth in 7 C.F.R. Part 15b. To qualify for such substitutions the medical certification must identify:

- A. the student's disability and the major life activity affected by the disability;
- B. an explanation of why the disability affects the student's diet; and

- C. the food(s) to be omitted from the student's diet and the food or choice of foods that must be substituted (e.g., caloric modifications or use of liquid nutritive formula).

If determined appropriate by a team of qualified individuals including, but not limited to, the Principal, school nurse, parent, and Director of Food Services, substitutions to the standard meal requirements may be made, at no additional charge, for a student who is not a "person with a disability" but has a signed statement from a qualified medical authority that the student cannot consume certain food items due to medical or other special dietary needs. To qualify for such consideration and substitutions the medical statement must identify:

- A. the medical or dietary need that restricts the student's diet; and
- B. the food(s) to be omitted from the student's diet and the food(s) or choice of foods that may be substituted.

For students without disabilities who need a nutritionally equivalent milk substitute, only a signed request by a parent or guardian is required. While the request must specify the medical or other special dietary need that restricts the student's diet (i.e., precludes the student's consumption of cow's milk), medical certification may not be required.

Meals sold by the school may be purchased by students, staff members, and community residents in accordance with administrative guidelines established by the Superintendent. Meals may be made available, free of charge, to senior citizens who are serving as volunteers to the District.

The operation and supervision of the food service program shall be the responsibility of the Food Service Supervisor. In accordance with Federal law, the Food Service Supervisor shall take such actions as are necessary to obtain a minimum of two (2) food safety inspections per school year, which are conducted by the State or local governmental agency responsible for food safety inspections. The report of the most recent inspection will be posted in a publicly visible location and a copy of the report will be available upon request.

A periodic review of the food service accounts shall be made by the Food Service Supervisor and Treasurer. Any surplus funds from the National School Lunch Program or the Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296) shall be used to reduce the cost of the service to students or to purchase cafeteria equipment. Surplus funds from a-la-carte foods may accrue to the food service program.

Bad debt incurred through the inability to collect meal payment from students is not an allowable cost chargeable to any Federal program. Any related collection cost, including legal cost, arising from such bad debt after they have been determined to be uncollectable are also unallowable.

Bad debt is uncollectable/delinquent debt that has been determined to be uncollectable by the end of the school year in which the debt was incurred. If the uncollectable/delinquent debt cannot be recovered by the School Meals Program in the year when the debt was incurred, then this is classified as bad debt. Once classified as bad debt, non-Federal funding sources must reimburse the NSFSA for the total amount of the bad debt. The funds may come from the District general fund, State or local funding, school or community organizations such as the PTA, or any other non-Federal source. Once the uncollectable/delinquent debt charges are converted to bad debt, records relating to those charges must be maintained in accordance with the record retention requirements in 7 C.F.R. 210.9(b) (17) and 7 C.F.R. 210.15(b).

The Superintendent is authorized to develop and implement an administrative guideline regarding meal charge procedures. This guideline will provide consistent directions for students who are eligible for reduced-price or paid meals but do not have funds in their account or in hand to cover the cost of their meal at the time of service and shall also address feeding students with unpaid meal balances without stigmatizing them.

This guideline shall be provided, in writing, to all households at the start of each school year and to households transferring to the school or School District during the school year.

With regard to the operation of the school food service program, the Superintendent shall require:

- A. the maintenance of sanitary, neat premises free from fire and health hazards;
- B. the preparation of food that complies with Federal food safety regulations;
- C. the planning and execution of menus in compliance with USDA requirements;
- D. the purchase of food and supplies in accordance with State and Federal law, USDA regulations, and Board policy (see Policy 1130, Policy 1200, Policy 3113, Policy 3210, Policy 3214, Policy 4113, Policy 4210, Policy 4214, and Policy 6460);
- E. complying with food holds and recalls in accordance with USDA regulations;
- F. the administration, accounting, and disposition of food service funds pursuant to Federal and State law and USDA regulations;
- G. the safekeeping and storage of food and food equipment pursuant to State and Federal law and USDA regulations;
- H. the regular maintenance and replacement of equipment;
- I. all District employees whose salaries are paid for with USDA funds or non-Federal funds used to meet a match or cost-share requirement must comply with the District's time and effort record-keeping policy (see Policy 6116).

In accordance with the nutritional standards adopted by the Board, the placement of vending machines in any classroom where students are provided instruction unless the classroom is also used to serve meals to students is prohibited.

The District shall serve only nutritious food in accordance with the nutritional standards adopted by the Board in compliance with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines. Foods and beverages in competition with the District's food service program must comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines, and may only be sold in accordance with Board Policy 8550.

The Superintendent will require that the food service program serve foods in the schools of the District that are wholesome and nutritious and reinforce the concepts taught in the classroom.

The Superintendent is responsible for implementing the food service program in accordance with the adopted nutrition standards and shall provide a report regarding the District's compliance with the standards at one of its regular meetings annually.

Revised 10/11/93  
Revised 11/1/93  
Revised 11/18/02  
Revised 6/12/06  
Revised 4/14/08  
Revised 4/12/11  
Revised 11/19/14  
Revised 10/13/15  
Revised 1/13/16  
Revised 5/10/16  
Revised 6/27/17  
Revised 5/9/19  
Revised 10/10/19  
Revised 4/13/21

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Legal

A.C. 3301-91

R.C. 3313.81, 3313.811-815

42 U.S.C. 1758

Healthy, Hunger-Free Kids Act of 2010 and Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.

Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

7 C.F.R. Parts 15b, 210, 215, 220, 225, 226, 227, 235, 240, 245, 3015

OMB Circular No. A-87 USDA Smart Snacks in School Food Guidelines (effective July 1, 2014)

SP 32-2015 Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs



Book	Policy Manual
Section	8000 Operations
Title	COMPETITIVE FOOD SALES
Code	po8550
Status	Active
Adopted	April 12, 2011
Last Revised	November 19, 2014

#### 8550 - **COMPETITIVE FOOD SALES**

The Food and Nutrition Services Department will comply with the provisions set forth in Federal law regarding sale of competitive food and foods of minimal nutritional value.

The Food and Nutrition Services Department shall be the sole provider of food and beverage items sold in all schools until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the Board's food service policy (Policy 8500) and guidelines (AG 8500 and AG 8500A) and with the Principal's approval. All food items and beverages sold to students that will be consumed on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) during the school day (the period from the midnight before, to thirty (30) minutes after the end of the official school day) shall comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

The food and beverages to be sold must be in accordance with the District's approved nutrition standards and the District's wellness policy (Policy 8510) and guidelines (AG 8500 and AG 8500A). All food items and beverages sold to students that will be consumed on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) during the school day (the period from the midnight before, to thirty (30) minutes after the end of the official school day), including items sold from vending machines, from school stores, or as fundraisers, including fundraisers operated by student clubs and organizations, parent groups, or boosters clubs, shall comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

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Legal	Title 7 C.F.R. 210.11
	R.C. 3313.84
	A.C. 3301-91
	7 C.F.R. Parts 210 and 220



Book	Policy Manual
Section	8000 Operations
Title	FREE AND REDUCED RATE MEALS
Code	po8531
Status	Active
Adopted	May 1, 1986
Last Revised	April 14, 2008

#### 8531 - FREE AND REDUCED RATE MEALS

The Board of Education recognizes the importance of good nutrition to each student's educational performance.

The Board shall provide needy children with breakfast and/or lunch at reduced rate or at no charge to the student.

Children, eligible for free or reduced-price meals, shall be determined by the criteria established by the Child Nutrition Program and National School Lunch Act. These criteria are issued annually by the Federal government through the State Department of Education.

The Board designates the cafeteria director to determine in accordance with Board standards, the eligibility of students for free and reduced rate meals.

The schools shall annually notify all interested persons of the availability, eligibility requirements, and application procedure for free and reduced rate meals by distributing an application to the family of each student enrolled in the school and shall seek out and apply for such federal, state, and local funds as may be applied to the District's program of free and reduced rate meals.

The Board shall provide a Federal food service program for students during summer intervention programs that are mandated under Federal law. If the Board determines that it is unable to provide a Federal food service program during the summer, for financial reasons, the Board will communicate that decision to its residents in a manner it determines to be appropriate.

The Administrative Assistant shall prepare and implement the necessary arrangements and guidelines to ensure proper operation of this program. S/He shall ensure that the appropriate policy attachments for Free and Reduced-Price Meals or Free Milk are properly completed and submitted for approval to the School Food Service Division of the State Department of Education by the beginning of each school year.

Revised 11/1/93

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Legal	R.C. 3313.81, 3313.812-814
	42 U.S.C. 1751 et seq.
	42 U.S.C. 1771 et seq.

**2022-2023**  
**ANNUAL CAFETERIA REPORT**

Martins Ferry City Schools provides nutritional meals to all students of the district. Each menu is prepared by using the nutritional values of each food and beverage. All items sold throughout the district meet strict guidelines pertaining to each age group of students in our schools. We have been certified and meet all requirements to receive additional money per meal served through our monthly claims.

We recently completed our Administrative Review through the Ohio Department of Education and received great reviews! We were compliant in all aspects of the review and our state evaluator was very impressed with our cafeteria, menus, financial claims and all paperwork on file.

Our lunch program will have a positive balance ending this year. However, we will be slightly raising our lunch prices because of inflation. All lunches will be raised 25 cents. Elementary meals \$3.25, Middle School/High School meals \$3.50, Reduced meals campus wide will be .40 cents and Adult meals will be \$4.75.

Lunch applications will be mailed to all households in the district again this summer. It is extremely important that they are filled out and returned for both the student's and the district's benefit. Unfortunately, it is very difficult to receive back a lunch application from all households. This will create less funds through claims and student accounts will have unpaid meals charged to their lunch accounts.

Supply chain issues continued throughout the school year. We have several waivers on file with ODE to meet all requirements and have adjusted our menus often to meet the nutritional requirements that we are bound by.

The cafeteria staff is looking forward to a great 2023-2024 year starting in August. We anticipate several new items to offer the students and creating a pleasant environment for them to enjoy their meals!

Attached are cafeteria financials and menus from the 2022-2023 school year.



Martins Ferry City Schools  
 Monthly Cafeteria Report  
 May, 2023

	FY23	FY22			
	CURRENT	LAST YEAR	CURRENT	LAST	FYTD
REVENUES	MONTH	MONTH	YEAR	YEAR	DIFFERENCE
Student Lunches: Ayers Elem.	\$3,763.41	\$1,093.36	\$45,358.06	\$20,312.96	\$25,045.10
Student Lunches: MS/HS	\$14,971.43	\$9,644.75	\$165,280.63	\$111,963.77	\$53,316.86
Adult Lunches: High School	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Misc. Revenues	\$222.00	\$209.00	\$4,394.59	\$5,015.96	(\$621.37)
Afterschool Program	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
State Revenues	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Federal Revenues	\$37,820.93	\$64,249.14	\$393,906.26	\$514,101.77	(\$120,195.51)
Interest Income	\$376.83	\$20.24	\$2,063.89	\$69.17	\$1,994.72
<b>TOTAL REVENUES</b>	<b>\$57,154.60</b>	<b>\$75,216.49</b>	<b>\$611,003.43</b>	<b>\$651,463.63</b>	<b>(\$40,460.20)</b>
<b>EXPENDITURES</b>					
Cooks Salaries	\$19,462.61	\$17,052.94	\$227,727.32	\$203,134.68	24,592.64
Substitute Salaries	\$406.80	\$706.80	\$3,759.37	\$3,629.45	129.92
Cafeteria Supervisor Salary	\$2,621.06	\$2,520.24	\$31,814.70	\$29,621.74	2,192.96
Retirement	\$2,747.44	\$2,428.40	\$31,771.76	\$28,659.89	3,111.87
Hospitalization	\$3,014.94	\$5,718.57	\$33,769.43	\$40,633.16	(6,863.73)
Life Insurance	\$14.70	\$17.32	\$166.31	\$165.72	0.59
Dental Insurance	\$0.00	\$0.00	\$4,013.23	\$4,778.19	(764.96)
Vision Insurance	\$51.27	\$52.51	\$583.74	\$537.84	45.90
Medicare	\$318.56	\$286.34	\$3,732.04	\$3,483.35	248.69
Workers' Compensation	\$0.00	\$598.30	\$0.00	\$598.30	(598.30)
Repair Equipment	\$781.68	\$0.00	\$9,375.66	\$6,329.01	3,046.65
Professional Meetings	\$0.00	\$0.00	\$0.00	\$0.00	0.00
Food & Supplies	\$18,153.89	\$21,214.51	\$266,094.90	\$244,365.59	21,729.31
State Auditor's Fees	\$0.00	\$0.00	\$0.00	\$0.00	0.00
Equipment	\$0.00	\$0.00	\$3,986.25	\$4,642.61	(656.36)
Misc expenses	\$0.00	\$0.00	\$6,909.95	\$5,497.50	1,412.45
<b>TOTAL EXPENDITURES</b>	<b>\$47,572.95</b>	<b>\$50,595.93</b>	<b>\$623,704.66</b>	<b>\$576,077.03</b>	<b>\$47,627.63</b>
<b>FUND TRANSFER</b>					
Revenues over/under expenses	\$9,581.65	\$24,620.56	(\$12,701.23)	\$75,386.60	\$7,167.43
Beginning Balance	\$254,284.09	\$245,825.10	\$276,811.97	\$174,997.72	\$101,814.25
Ending Balance	\$263,865.74	\$270,445.66	\$264,110.74	\$250,384.32	\$13,726.42

Notes:

YTD column based on fiscal year to date (7/1-6/30) amounts.

Total Revenues are \$40,640.20 lower this year than last year

Total Expenditures are \$47,627.63 lower this year than last year

# AUGUST 2022

# Rider K-12 Menu

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

## School Info

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

Menu Subject to Change.  
This institution is an equal opportunity provider.

## WELCOME BACK!

Please fill out and return your Free or Reduced Price Lunch Application. Everyone must apply every school year.

**BREAKFAST IS FREE**

**TO ALL STUDENTS!**

### LUNCH PRICES

ES \$3.00  
MS/HS \$3.25  
Reduced \$ .40  
Adults \$4.25

*EZ Jammers available daily as an alternative entrée.*

Students must select at least 3 of 4 items offered for breakfast and 3 of 5 items offered at lunch.  
1 serving must be at least ½ cup serving of fruit or vegetable.

**DON'T SKIP MEALS.**  
Set up foods you can eat on the run so you'll have the energy to keep going.

**NO CASH ACCEPTED AT LUNCH TIME.**

Deposit money online (MySchoolBucks.com) or at Breakfast Only

MY SCHOOL BUCKS  
PAY FOR MEALS ONLINE  
MySchoolBucks.com

22

**TEACHER IN-SERVICE DAY**

29

Cereal Bar  
Applesauce - Juice  
White or Chocolate Milk  
BBQ Pulled Pork/WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

23

**TEACHER IN-SERVICE DAY**

30

Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk  
Spaghetti - Meat Sauce  
WW Bread - Gr. Beans  
Fresh Fruit  
White or Chocolate Milk

24

Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk  
WW Grilled Cheese  
Chili - Pickles - Crackers  
Fresh Fruit  
White or Chocolate Milk

31

Chicken & Biscuits  
Fruit Cup - Juice  
White or Chocolate Milk  
DeFelicé Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

25

Cinnamon Pancake  
Applesauce - Juice  
White or Chocolate Milk  
Chicken Fried Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

26

Super D - Ch. Stick  
Fresh Fruit  
White or Chocolate Milk  
Pizza Rippers  
Fresh Veggies - Ranch  
Fresh Fruit  
White or Chocolate Milk

## Did you know?

In August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.



# September 2022

# Rider K-12 Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

*Did you know?*

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

**5**  
**LABOR DAY**  
  
**NO SCHOOL**

**6**  
Confetti Pancakes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
Mac-n-Cheese - WG Roll  
Peas - Corn  
Fresh Fruit  
White or Chocolate Milk

**7**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk  
-----  
Grilled Chicken on WG Bun  
Sweet Potato Fries - Pickles  
Fresh Fruit  
White or Chocolate Milk

**8**  
Cinnamon Toast Cr.  
Craisins - Fruit Juice  
White or Chocolate Milk  
-----  
Cheeseburger on WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

**9**  
Super Donut - Yogurt  
Fresh Fruit  
White or Chocolate Milk  
-----  
WG Pizza  
Carrots - Green Beans  
Fresh Fruit  
White or Chocolate Milk

**12**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk  
-----  
Hamburger on WG Bun  
Broccoli & Cheese - Pickles  
Fresh Fruit  
White or Chocolate Milk

**13**  
Choc. Chip Fr. Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
Grilled Chicken - WW Bread  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**14**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk  
-----  
WW Grilled Cheese  
Chili - Pickles - Crackers  
Fresh Fruit  
White or Chocolate Milk

**15**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk  
-----  
Chicken & Fried Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

**16**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
DeFelice Pizza  
Celery - Cucumbers - Ranch  
Fresh Fruit  
White or Chocolate Milk

**19**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk  
-----  
BBQ Pulled Pork on WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**20**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk  
-----  
Spaghetti with Meat Sauce  
WW Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

**21**  
Chicken & Biscuits  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
Nachos with Meat & Cheese  
Black Beans - Salsa  
Fresh Fruit  
White or Chocolate Milk

**22**  
Sausage Pancake  
Craisins - Applesauce  
White or Chocolate Milk  
-----  
Chicken & Rotini - WG Roll  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

**23**  
Super Donut - Ch. Stick  
Fresh Fruit  
White or Chocolate Milk  
-----  
Pizza Rippers  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

**26**  
Benefit Bar  
Raisins - Fruit Juice  
White or Chocolate Milk  
-----  
Chicken Protein Bowl  
Broccoli - Black Beans  
Fresh Fruit  
White or Chocolate Milk

**27**  
Confetti Pancakes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
Mac-n-Cheese - WG Roll  
Peas - Corn  
Fresh Fruit  
White or Chocolate Milk

**28**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk  
-----  
Grilled Chicken on WG Bun  
Sweet Potato Fries - Pickles  
Fresh Fruit  
White or Chocolate Milk

**29**  
Cinnamon Toast Cr.  
Craisins - Fruit Juice  
White or Chocolate Milk  
-----  
Sloppy Joe on WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

**30**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
-----  
DeFelice Pizza  
Carrots - Green Beans  
Fresh Fruit  
White or Chocolate Milk

## School Info

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

**BREAKFAST IS FREE TO ALL STUDENTS!**

Menu Subject to Change.  
This institution is an equal opportunity provider.

### LUNCH PRICES

ES \$3.00  
MS/HS \$3.25  
Reduced \$ .40  
Adults \$4.25

*EZ Jammers available daily as an alternative entrée.*

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

1 serving must be at least ½ cup serving of fruit or vegetable.

2022-2023

**Lunch Applications are due by October 1, 2022. Apply today to receive Free or Reduced Price Meals.**

### NO CHARGING

Students are Not Permitted to Charge Snacks or A la carte items.

MY SCHOOL FOODS  
PAY FOR MEALS ONLINE  
@myschoolfoods.com

Eating Breakfast is Important For Good Health.

# October 2022

# Rider K-12 Menu

Menu Subject to Change

This institution is an equal opportunity provider.

## MONDAY

**3**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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

**10**  
Cereal Bar  
Craisins - Applesauce  
White or Chocolate Milk

BBQ Pulled Pork on WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**17**  
Benefit Bar  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**24**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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

**31**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

DeFelice Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

## TUESDAY

**4**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**11**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**18**  
Confetti Pancakes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Chicken Protein Bowl  
Broccoli - Black Beans  
Fresh Fruit  
White or Chocolate Milk

**25**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

## WEDNESDAY

**5**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**12**  
Chicken & Biscuits  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**19**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk

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

**26**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

## THURSDAY

**6**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Chicken & Fried Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

**13**  
Sausage Pancake  
Craisins - Applesauce  
White or Chocolate Milk

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

**20**  
Cinnamon Toast Cr.  
Craisins - Fruit Juice  
White or Chocolate Milk

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

**27**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Chicken & Fried Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

## FRIDAY

**7**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

WG Pizza  
Celery - Cucumbers - Ranch  
Fresh Fruit  
White or Chocolate Milk

**14**  
Super Donut - Yogurt  
Fresh Fruit  
White or Chocolate Milk

DeFelice Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

**21**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**28**  
Super Donut - Ch. Stick  
Fresh Fruit  
White or Chocolate Milk

WG Pizza  
Celery - Cucumbers - Ranch  
Fresh Fruit  
White or Chocolate Milk

## School Info

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

**BREAKFAST IS FREE TO ALL STUDENTS!**

**LUNCH PRICES**  
ES \$3.00  
MS/HS \$3.25  
REDUCED \$0.40  
ADULTS \$4.25

2022-2023

Lunch Applications are due by October 1, 2022. Apply today to receive

Free or Reduced Price meals.

Students must select at least 3 of 4 items offered at breakfast and choose 3 of 5 items offered at lunch. 1 serving must be at least 1/2 cup of fruit or vegetable.

EZ Jammers available daily As an alternative entrée.

**NO CHARGING**

Students are NOT Permitted To Charge Snacks or Ala Carte items.

Healthy Snacks are as important as the regular meals we eat.

PAY FOR MEALS ONLINE  
SCHOOL BUUCKS MySchoolBuucks.com



*Did you know?*

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.



# NOVEMBER 2022

# Rider K-12 Menu

Menu Subject to Change

This institution is an equal opportunity provider.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**School Info**  
 R. Yoder, FSS  
 740-633-1732 ext. 0

**FREE & REDUCED LUNCH APPLICATIONS ARE ACCEPTED ALL YEAR. APPLY TODAY!**

**Breakfast is FREE!**

**LUNCH PRICES**  
 ES \$3.00  
 MS/HS \$3.25  
 REDUCED \$0.40  
 ADULTS \$4.25

*EZ Jammers available daily.*

Students must select at least 3 of 4 items at breakfast and 3 of 5 items at lunch. 1 serving Must be at least ½ cup of Fruit or vegetable.

**NO CHARGING**  
 Students are NOT Permitted To charge snacks or ala carte items.

**NO CASH ACCEPTED AT LUNCH TIME.**  
 Deposits can be made thru [MySchoolBucks.com](http://MySchoolBucks.com) or at Breakfast time only.

Sign Up for **RIDER WATCH**  
 To receive notices of 2 hour delays or school closings.  
 Visit our School Website - Sign up is required every school year.

**Fuel your Brain - Eat Healthy!**

**1**

Blueberry Waffles  
 Raisins - Fruit Juice  
 White or Chocolate Milk

BBQ Pulled Pork on WG Bun  
 Potato Wedges  
 Fresh Fruit  
 White or Chocolate Milk

**2**

Chicken & Biscuits  
 Fruit Cup - Fruit Juice  
 White or Chocolate Milk

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

**3**

Sausage Pancake  
 Craisins - Applesauce  
 White or Chocolate Milk

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

**4**

Super Donut - Yogurt  
 Fresh Fruit  
 White or Chocolate Milk

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

**7**

Bug Bites  
 Raisins - Fruit Juice  
 White or Chocolate Milk

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

**8**

**Election Day**  
**NO SCHOOL**



**9**

Pizza Bagel  
 Applesauce - Fruit Juice  
 White or Chocolate Milk

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

**10**

Cinnamon Toast Cr.  
 Craisins - Fruit Juice  
 White or Chocolate Milk

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

**11**

Mini Chocolate Donuts  
 Fruit Cup - Fruit Juice  
 White or Chocolate Milk

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

**14**

Pop Tart  
 Craisins - Fruit Juice  
 White or Chocolate Milk

Sloppy Joe on WG Bun  
 Broccoli & Cheese - Pickles  
 Fresh Fruit  
 White or Chocolate Milk

**15**

French Toast  
 Fruit Cup - Fruit Juice  
 White or Chocolate Milk

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

**16**

Breakfast Pizza  
 Raisins - Fruit Juice  
 White or Chocolate Milk

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

**17**

Cinnamon Pancake  
 Applesauce - Fruit Juice  
 White or Chocolate Milk

Turkey & Gravy - WG Roll  
 Mashed Potatoes  
 Fresh Fruit  
 White or Chocolate Milk

**18**

Super Donut - Ch. Stick  
 Raisins - Fruit Juice  
 White or Chocolate Milk

DeFelice Pizza  
 Celery - Cucumbers - Ranch  
 Fresh Fruit  
 White or Chocolate Milk

**21**

Cereal Bar  
 Craisins - Fruit Juice  
 White or Chocolate Milk

BBQ Pulled Pork - WG Bun  
 Potato Wedges  
 Fresh Fruit  
 White or Chocolate Milk

**22**

Blueberry Waffles  
 Raisins - Fruit Juice  
 White or Chocolate Milk

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

**23**

**THANKSGIVING BREAK**

**24**

**HAPPY THANKSGIVING!**



**25**

**THANKSGIVING BREAK**

**28**

Benefit Bar  
 Raisins - Fruit Juice  
 White or Chocolate Milk

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

**29**

Confetti Pancakes  
 Fruit Cup - Fruit Juice  
 White or Chocolate Milk

Chicken Protein Bowl  
 Broccoli - Black Beans  
 Fresh Fruit  
 White or Chocolate Milk

**30**

Cinnamon Toast Cr.  
 Craisins - Fruit Juice  
 White or Chocolate Milk

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

*Did you know?*

The full moon in November is traditionally called the Beaver Moon in the US.



# December 2022

# Rider K-12 Menu

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

*Did you know?*

The month of December originally had just 30 days according to the early Roman calendar.



**5**  
Pop Tart  
Craisins - Fruit Juice  
White or Chocolate Milk

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

**6**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**7**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**8**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Chicken & Fried Rice  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

**2**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork - WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

**9**  
Super Donut - Ch. St.  
Fresh Fruit  
White or Chocolate Milk

WG Pizza  
Celery - Cucumbers - Ranch  
Fresh Fruit  
White or Chocolate Milk

**12**  
Cereal Bar  
Craisins - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork - WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**13**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

Spaghetti - Meat Sauce  
Garlic Bread - Gr. Beans  
Fresh Fruit  
White or Chocolate Milk

**14**  
Chicken & Biscuits  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**15**  
Sausage Pancake  
Craisins - Applesauce  
White or Chocolate Milk

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

**16**  
Mini Chocolate Donuts  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**19**  
Benefit Bar  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**20**  
Confetti Pancakes  
Fruit Juice - Applesauce  
White or Chocolate Milk

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

**21**

**22**

**23**

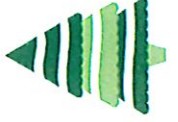
**26**

**27**

**28**

**29**

**30**



HAPPY *holidays*

## School Info

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

Menu Subject to Change

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**BREAKFAST IS FREE**

**LUNCH PRICES**  
ES \$3.00  
MS/HS \$3.25  
Reduced \$0.40  
Adults \$4.25

Students must choose at least 3 of 4 items offered at Breakfast and 3 of 5 items Offered at Lunch. One item must be at least a ½ cup of Fruit or vegetable.

Jammers available daily as an alternative entrée.

**NO CHARGING**  
Snacks or Ala Carte Items. Deposits can be made at Breakfast time or through MYSchoolBucks.com

**MY SCHOOL BUCKETS**  
PAY FOR MEALS ONLINE  
MYSchoolBucks.com

Sign Up for **RIDER WATCH**  
To receive notices of 2 hour delays or school closings.

Visit our School Website - Sign up is required every school year.

Limit your Screen Time  
Get Adequate Sleep  
& Exercise Daily


# January 2023

## RIDER K-12 MENU

Menu Subject to Change. This institution is an equal opportunity provider.

### Monday

**2**



Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

**9**

BBQ Pulled Pork - WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**16**



Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

Mac-n-Cheese - WW Bread  
Peas - Carrots  
Fresh Fruit  
White or Chocolate Milk

**23**

Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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


**30**

Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork - WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

### Tuesday

**3**



Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

**10**

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

**17**

Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

Mac-n-Cheese - WW Bread  
Peas - Carrots  
Fresh Fruit  
White or Chocolate Milk

**24**

French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Chicken Nuggets - WW Br.  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**31**

Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

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

### Wednesday

**4**

Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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

**11**

Cinnamon Texas Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**18**

Confetti Pancakes  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

**25**

Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

### Thursday

**5**

Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Sweet Potatoes Fries - Peas  
Fresh Fruit  
White or Chocolate Milk

**12**

Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

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

**19**

Cinnamon Toast Cr.  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

Beef & Noodles - WG Roll  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**26**

Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Carrots - Peas  
Fresh Fruit  
White or Chocolate Milk

### Friday

**6**

Super Donut - Ch. St.  
Fresh Fruit  
White or Chocolate Milk

WG Pizza  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**13**

Minti Pow. Donuts  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

**20**

Super Donut  
Craisins - Applesauce  
White or Chocolate Milk

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

**27**

Breakfast Rounds  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

WG Pizza  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**Join Us for A  
FREE BREAKFAST!**

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

**FREE & REDUCED  
LUNCH APPLICATIONS  
ARE ACCEPTED ALL YEAR.  
APPLY TODAY!**

**LUNCH PRICES**  
ES \$3.00  
MS/HS \$3.25  
REDUCED \$0.40  
ADULTS \$4.25

**EZ Jammers available daily.**

Students must select at least 3 of 4 items at breakfast and 3 of 5 items at lunch. 1 serving Must be at least ½ cup of Fruit or vegetable.

**NO CHARGING**  
Students are NOT Permitted To charge snacks or ala carte items.

**NO CASH ACCEPTED  
AT LUNCH TIME.**  
Deposits can be made thru **MySchoolBucks.com** or at Breakfast time only.

Sign Up for **RIDER WATCH**  
To receive notices of 2 hour delays or school closings.

Visit our School Website  
Sign up is required every school year.

**Offer different snack choices such as nuts, vegetables, fruit or hummus.**

*Did you know?*

As of January 3, 1959, Alaska officially became the 49th state of the United States.

# FEBRUARY 2023 RIDER K-12 MENU

## MONDAY

**6**  
Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

Mac-n-Cheese - WW Bread  
Peas - Corn  
Fresh Fruit  
White or Chocolate Milk

**13**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

Turkey & Gravy - WG Roll  
Mashed Potatoes  
Fresh Fruit  
White or Chocolate Milk

**20**  


**27**  
Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

Chicken Strips - WW Bread  
Sweet Potato Fries  
Fresh Fruit  
White or Chocolate Milk

## TUESDAY

**7**  
Confetti Pancakes  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

**14**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Chicken Nuggets - WW Bread  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**21**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

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

**28**  
Confetti Pancakes  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

## WEDNESDAY

**1**  
Cinn. Texas Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Spaghetti & Meat Sauce  
Garlic Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

**8**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk

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

**15**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**22**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

Fish on WG Bun - Tartar  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

## THURSDAY

**2**  
Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

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

**9**  
Cinn. Toast Crunch  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

Chicken Strips - WW Bread  
Broccoli - Pickles  
Fresh Fruit  
White or Chocolate Milk

**16**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Sweet Potatoes - Peas  
Fresh Fruit  
White or Chocolate Milk

**23**  
Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

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

## FRIDAY

**3**  
Powdered Donuts  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

**10**  
Super Donut  
Craisins - Applesauce  
White or Chocolate Milk

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

**17**  
Breakfast Rounds  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

Pizza Rippers  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**24**  
S. Donut - Cheese St.  
Fresh Fruit  
White or Chocolate Milk

WG Cheese Pizza  
Spinach Salad - Carrots  
Fresh Fruit  
White or Chocolate Milk

**BREAKFAST IS FREE FOR ALL STUDENTS!**

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

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Jammers available daily as an alternative entrée.

**NO CHARGING**  
Snacks or Ala Carte items. Deposits can be made at Breakfast time or through MySchoolBucks.com

**PAY FOR MEALS ONLINE**  
MySchoolBucks.com

*Get at least 30 minutes of activity every day.*

Free or Reduced Lunch Applications are Available on our school website.  
**Apply Today!**

Menu Subject to Change.  
This institution is an equal opportunity provider.

*Did you know?*  
February has been Black History Month for over 40 years.



# March 2023

# RIDER K-12 MENU

## Monday

*Did you know?*

March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage.

**6**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk  
  
Beef & Noodles - WG Roll  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**13**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk  
  
Chicken & Rotini - WG Roll  
Carrots - Spinach Salad  
Fresh Fruit  
White or Chocolate Milk

**20**  
Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk  
  
Beef & Noodles - WG Roll  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**27**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk  
  
Hamburger on WG Bun  
Broccoli & Cheese - Pickles  
Fresh Fruit  
White or Chocolate Milk

## Tuesday

**7**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
  
Turkey & Gravy - WG Roll  
Mashed Potatoes  
Fresh Fruit  
White or Chocolate Milk

**14**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk  
  
Spaghetti with Meat Sauce  
Garlic Bread - Green Beans  
Fresh Fruit  
White or Chocolate Milk

**21**  
Confetti Pancakes  
Fruit Juice - Fruit Cup  
White or Chocolate Milk  
  
Grilled Chicken on WG Bun  
Sweet Potato Fries - Pickles  
Fresh Fruit  
White or Chocolate Milk

**28**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
  
Chicken Nuggets - WW Bread  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

## Wednesday

**1**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk  
  
Nachos - Meat & Cheese  
Black Beans - Salsa  
Fresh Fruit  
White or Chocolate Milk

**8**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk  
  
WW Grilled Cheese  
Pickles - Chili - Crackers  
Fresh Fruit  
White or Chocolate Milk

**15**  
Cinnamon Texas Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk  
  
BBQ Pulled Pork on WG Bun  
Sweet Potato Fries - Pickles  
Fresh Fruit  
White or Chocolate Milk

**22**  
Cinn. Toast Crunch  
Applesauce - Fruit Juice  
White or Chocolate Milk  
  
WG Pizza  
Carrots - Green Beans  
Fresh Fruit  
White or Chocolate Milk

**29**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk  
  
WW Grilled Cheese  
Pickles - Chili - Crackers  
Fresh Fruit  
White or Chocolate Milk

## Thursday

**2**  
Cinn. Toast Crunch  
Fruit Juice - Fruit Cup  
White or Chocolate Milk  
  
Hamburger on WG Bun  
Broccoli & Cheese - Pickles  
Fresh Fruit  
White or Chocolate Milk

**9**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk  
  
Sloppy Joe on WG Bun  
Sweet Potatoes - Peas  
Fresh Fruit  
White or Chocolate Milk

**16**  
Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk  
  
Nachos with Meat & Cheese  
Black Beans - Salsa  
Fresh Fruit  
White or Chocolate Milk

**23**  
Pizza Bagel  
Fruit Juice - Fruit Cup  
White or Chocolate Milk  
  
Cheesburger on WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

**30**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk  
  
Sloppy Joe on WG Bun  
Sweet Potatoes - Peas  
Fresh Fruit  
White or Chocolate Milk

## Friday

**3**  
Super Donut  
Craisins - Applesauce  
White or Chocolate Milk  
  
Fish on WG Bun - Tartar  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**10**  
Powdered Donuts  
Fruit Juice - Fruit Cup  
White or Chocolate Milk  
  
WG Cheese Pizza  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**17**  
Super Donut - Ch. Stick  
Fresh Fruit  
White or Chocolate Milk  
  
Fish on WG Bun - Tartar  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**24**  
Super Donut  
Craisins - Applesauce  
White or Chocolate Milk  
  
Mac-n-Cheese - WW Bread  
Peas - Corn  
Fresh Fruit  
White or Chocolate Milk

**31**  
Breakfast Rounds  
Fruit Juice - Fruit Cup  
White or Chocolate Milk  
  
DeFelicé Cheese Pizza  
Spinach Salad - Carrots  
Fresh Fruit  
White or Chocolate Milk

## School Info

R. Yoder, FSS  
740-633-1732 ext. 0  
**Menu Subject to Change**  
This institution is an equal Opportunity provider.

**BREAKFAST IS FREE**

**LUNCH PRICES**  
ES \$3.00  
MS/HS \$3.25  
Reduced \$0.40  
Adults \$4.25

Students must choose at least 3 of 4 items offered at Breakfast and 3 of 5 items Offered at Lunch. One item must be at least a ½ cup of Fruit or vegetable.

Jammers available daily as an alternative entrée.

**NO CHARGING**  
Snacks or Ala Carte Items. Deposits can be made at Breakfast time or through MySchoolBucks.com

**MY SCHOOL BUCKS**  
PAY FOR MEALS ONLINE  
MySchoolBucks.com

**Eat to be "smart"**  
Include foods that contain iron, B vitamins and Vitamin C. Try lean red meat, spinach, whole grain breads and cereal, eggs, nuts, oranges, apples and carrots.

**Free and Reduced Price Lunch Applications are available on our school website. Apply Today!!**



# April 2023

## RIDER K-12 MENU

### Monday

**3**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

Chicken & Rotini - WG Roll  
Green Beans - Corn  
Fresh Fruit  
White or Chocolate Milk



**17**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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

**24**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork on WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

### Tuesday

**4**  
Cinnamon Texas Toast  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**11**  
Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**18**  
French Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**25**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

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

### Wednesday

**5**  
Breakfast Rounds  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

Pizza Rippers  
Broccoli - Carrots  
Fresh Fruit  
White or Chocolate Milk

**12**  
Confetti Pancakes  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

Beef & Noodles - WG Roll  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**19**  
Breakfast Pizza  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**26**  
Cinnamon Texas Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

### Thursday

**6**

**HAPPY EASTER**

**13**  
Pizza Bagel  
Applesauce - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork on WG Bun  
Baked Beans - Pickles  
Fresh Fruit  
White or Chocolate Milk

**20**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Sweet Potatoes - Peas  
Fresh Fruit  
White or Chocolate Milk

**27**  
Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

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

### Friday

**7**

**14**  
Super Donut  
Craisins - Applesauce  
White or Chocolate Milk

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

**21**  
Super Donut - Ch. St.  
Fresh Fruit  
White or Chocolate Milk

Pizza Rippers  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**31**  
Breakfast Rounds  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

DeFelice Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

### School Info

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

**FREE & REDUCED LUNCH APPLICATIONS ARE ACCEPTED ALL YEAR. APPLY TODAY!**

**Breakfast is FREE!**

**LUNCH PRICES**  
ES \$3.00  
MS/HS \$3.25  
REDUCED \$0.40  
ADULTS \$4.25

**EZ Jammers available daily.**

Students must select at least 3 of 4 items at breakfast and 3 of 5 items at lunch. 1 serving must be at least ½ cup of Fruit or vegetable.

**Choose Powerful Vegetables.**  
The darker the color, the higher the concentration of nutrients.

Great vegetable choices include spinach, peppers, broccoli, tomatoes and sweet potatoes.

**NO CHARGING**

Students are NOT Permitted To charge snacks or ala carte items.

**NO CASH ACCEPTED AT LUNCH TIME.**

Deposits can be made thru **MySchoolBucks.com** or at Breakfast time only.

**MY SCHOOL BUCKS**  
PAY FOR MEALS ONLINE  
MySchoolBucks.com

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*Did you know?*

April is the best month of the year to look up to the skies and watch meteor showers!

# May 2023

# RIDER K-12 MENU

## Monday

**1**  
Crunch Mania  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**8**  
Pop Tart  
Craisins - Applesauce  
White or Chocolate Milk

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

**15**  
Cereal Bar  
Applesauce - Fruit Juice  
White or Chocolate Milk

BBQ Pulled Pork on WG Bun  
Potato Wedges  
Fresh Fruit  
White or Chocolate Milk

**22**  
Cook's Choice

**29**  
  
MEMORIAL DAY

## Tuesday

**2**  
Election Day  


**9**  
Chocolate Chip FT  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**16**  
Blueberry Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**23**  
Cook's Choice

**30**

## Wednesday

**3**  
Confetti Pancakes  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

Beef & Noodles - WG Roll  
Broccoli - Corn  
Fresh Fruit  
White or Chocolate Milk

**10**  
Waffles  
Raisins - Fruit Juice  
White or Chocolate Milk

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

**17**  
Cinnamon Texas Toast  
Fruit Cup - Fruit Juice  
White or Chocolate Milk

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

**24**  
Cook's Choice

**31**

## Thursday

**4**  
Cinn. Toast Crunch  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

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

**11**  
Cinnamon Pancake  
Applesauce - Fruit Juice  
White or Chocolate Milk

Sloppy Joe on WG Bun  
Sweet Potatoes - Peas  
Fresh Fruit  
White Milk - Chocolate Milk

**18**  
Pancake Wrap  
Craisins - Applesauce  
White or Chocolate Milk

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

**25**  
Cook's Choice

## Friday

**5**  
Super Donut  
Craisins - Applesauce  
White or Chocolate Milk

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

**12**  
Super Donut - Ch. St.  
Fresh Fruit  
White or Chocolate Milk

WG Pizza  
Celery - Carrots - Ranch  
Fresh Fruit  
White or Chocolate Milk

**19**  
Breakfast Rounds  
Fruit Juice - Fruit Cup  
White or Chocolate Milk

DeFelice Pizza  
Spinach Salad - Corn  
Fresh Fruit  
White or Chocolate Milk

**26**  
Last Day for Students & Staff  


## School Info

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

Watch for the Summer Lunch Application Mailing.  
Please return a.s.a.p.

### LUNCH PRICES

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MS/HS \$3.25  
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Adults \$4.25

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MY SCHOOL BUCKS MySchoolBucks.com

**BREAKFAST IS FREE**

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Stay Hydrated.  
Your brain cells work better when they are hydrated. Water, milk and 100% fruit juice are good choices.

## Did you know?

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world.

Have a Fun and Safe Summer Break!