

RICA School Menu

Breakfast

Mon - Fri 8:30 - 9:30am

Lunch

Mon - Fri 11:30 - 1:30pm

Dinner

Mon - Fri 5:00 - 6:00pm

Week II



MyPlate Kids' Place



GOOD
FOOD

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GOOD
MOOD

Monday, Mar. 17, 2025

Breakfast

WW Bagel 1 ea
Lite Cream Cheese 1 ea
Assorted Cereal 1 oz
100% Orange Juice 4 oz.
Fruit Cocktail ½ cup
Choice of Milk 8 oz

Lunch

Meatless Ravioli 4 ea
W/Marinara Sauce ½ cup
WW Bread Stick 1 ea
Or
**Turkey Sandwich or
Yogurt 1 ea**
+
Steamed Broccoli ½ cup
Tossed Salad w/Egg 1 cup
Asst. Low Fat Dressing 2 oz
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Mar. 18, 2025

Breakfast

WG Breakfast Bun 1 ea
Scrambled Egg ¼ cup
Assorted Cereal 1 oz
100% Apple Juice 4 oz.
Pears in juice ½ cup
Choice of Milk 8 oz

Lunch

Chicken Chipotle Rice Bowl
1 sv (Meat 3 oz)
Citrus Cilantro Brown
Rice 1 cup
Shredded Lettuce,
Chopped Tomatoes ½ cup
Cheese/Sour Cream 1 oz ea
Green Peppers/Onions ½ cup
Or
**SB & J Sandwich/Cheese
Stick 1 ea
Or Yogurt 1 ea**
+
Cantaloupe Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed, Mar. 19, 2025

Breakfast

Breakfast Pizza 3.3 oz
Assorted Cereal 1 oz
100% Orange Juice 4 oz
Chilled Peaches ½ cup
Choice of Milk 8 oz

Lunch

Beef Stew 1½ cups
(Meat 4 oz, Vegetables 8 oz)
WW Egg Noodles 6 oz
Or
**Turkey Sandwich or
Yogurt 1 ea**
+
Collard Greens ½ cup
Fresh Clementines 2 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Mar. 20, 2025

Breakfast

Fruit & Yogurt Parfait 1 ea
Assorted Cereal 1 oz
100% Fruit Punch 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

WG Chicken Nuggets 5 ea
Assorted Sauces 2 pks
WW Roll/Marg 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Baked Potato/Sour Cream 1 ea
Corn ½ cup
Strawberries w/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Mar. 21, 2025

Breakfast

Turkey Sausage/lite
Cheese 1½ oz
On WW Croissant 2 oz
Assorted Cereal 1 oz
100% Apple Cranberry 4 oz.
Fruit Cup Bowl 1 ea
Choice of Milk 8 oz

Lunch

Roast Turkey 3 oz
Mashed Potatoes ½ cup
WG Stuffing/Gravy 2 oz ea
Or
**SB & J Sandwich/Cheese
Stick 1 ea
Or Yogurt 1 ea**
+
Seasoned Green Beans ½ cup
Cranberry Sauce 2 Tbsp
Hot Spiced Apples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz