

# 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  
is  
GOOD  
MOOD**

**Monday, Mar. 16, 2026**

### 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

Cheese 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. 17, 2026**

### 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

### **Happy St. Patrick's Day!!**

Grilled Corn Beef & Swiss  
Sandwich 1 ea  
(Meat/Cheese 3 oz;  
WW Bread 2 sl)  
Mustard, Hot Sauce 1 ea  
**Or**  
**SB & J Sandwich/Cheese  
Stick 1 ea or Yogurt 1 ea**  
+  
Lettuce, Tomato, Sauerkraut ½ cup  
Stuffed Potato Skins 2 ea  
Sautéed Cabbage/Onion ½ cup  
Rainbow Fruit Cup ½ cup  
St. Paddy Treat 1 sv  
Irish Party Puch 1 ea  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed, Mar. 18, 2026**

### Breakfast

Turkey Sausage/lite  
Cheese 1½ oz  
On WW Croissant 2 oz  
Assorted Cereal 1 oz  
100% Orange Juice 4 oz  
Chilled Peaches ½ cup  
Choice of Milk 8 oz

### Lunch

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

**Thursday, Mar. 19, 2026**

### Breakfast

Fruit & Yogurt Parfait 1 ea  
Oatmeal w/Topping 1 cup  
100% Fruit Punch 4 oz  
Fresh Banana 1 ea  
Choice of Milk 8 oz

### Lunch

Roast Turkey 3 oz  
Mashed Potatoes ½ cup  
Corn Bread Stuffing/Gravy  
2 oz ea  
**Or**  
**Turkey Ham Sandwich or  
Yogurt 1 ea**  
+  
Buttered Corn ½ cup  
Cranberry Sauce 2 Tbsp  
Apple Slices w/Caramel 1 sv  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, Mar. 20, 2026**

### Breakfast

Breakfast Pizza 3.3 oz  
Assorted Cereal 1 oz  
100% Apple Cranberry 4 oz.  
Fruit Cup Bowl 1 ea  
Choice of Milk 8 oz

### Lunch

Oven Fried Fish 1 sv  
Tarter/Hot Sauce 1 ea  
WW Bread/Honey Butter 1 ea  
**Or**  
**SB & J Sandwich/Cheese  
Stick 1 ea or Yogurt 1 ea**  
+  
Whole Green Beans ½ cup  
Baked Potato/Sour Cream 1 ea  
Chilled Pear Halves ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz