

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



GOOD
FOOD
is
GOOD
MOOD

Monday, Jan. 19, 2026



This institution is an equal opportunity provider.

Tuesday, Jan. 20, 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

Lunch

Chix 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, Jan. 21, 2026

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

Meatloaf 3 oz
W/Brown Gravy 2 oz
WW Noodles 1 cup
WW Roll/Marg 1 ea

Or

**Turkey Sandwich or
Yogurt 1 ea**
+

Carrot Coins ½ cup
Sweet Peas ½ cup
Fresh Clementines 2 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Jan. 22, 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

Oven Fried Fish 4 ea
Tarter/Hot Sauce 1 ea
WW Bread w/Honey Butter 1 ea

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**
+

Fresh Green Beans ½ cup
Baked Potato/Sour Cream 1 ea
Apple Slices w/Caramel ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz
Seasoned Green Beans ½ cup
Cranberry Sauce 2 Tbsp

Friday, Jan. 23, 2026

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
Corn Bread Stuffing
W/Gravy 2 oz ea

Or

**SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea**
+

Buttered Corn ½ cup
Cranberry Sauce 2 Tbsp
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz