

Week Day Menu

Breakfast
Mon - Fri 8:30 - 9:30am

RICA'S Window Café

Lunch
Mon - Fri 11:30 - 1:30pm

Week I



GOOD
FOOD
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MOOD

Monday, Nov. 17, 2025

Breakfast

Turkey Bacon 2 sl
WW Toast 2 sl
Marg/Jelly 1 ea
Asst. Cereals 1 oz
100% Apple Juice 4 oz
Mandarin Oranges ½ cup
Choice of Milk 8oz

Lunch

Cheese or Vegetable Pizza 1 sv

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**

+

Caesar/Egg Salad 1 cup
W/Caesar Dressing 2 oz
Celery Sticks w/Ranch 1 sv
Red Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Nov. 18, 2025

Breakfast

WG Froot Loops Waffles 2 ea
Syrup 1 oz/Marg 1 ea
Asst. Cereals 1 oz
100% Fruit Punch 4 oz
Fruit Cocktail ½ cup
Choice of Milk 8oz

Lunch

Taco Tuesday 2 ea
(Meat/Cheese 3 oz,
Corn Tortilla 2 ea)
Taco Sauce, Sour Cream 1 ea

Or

**Turkey Sandwich or
Yogurt 1 ea**

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Black Beans ½ cup
Corn on Cob 1 ea
Mandarin Oranges ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Nov. 19, 2025

Breakfast

Breakfast Burrito 1 sv
Asst. Cereals 1 oz
100% Apple Cranberry 4 oz
Chilled Peaches ½ cup
Choice of Milk 8 oz

Lunch

Baked Chicken 1 ea
Garlic Roasted Potatoes ½ cup

Or

**SB & J Sandwich/Cheese Stick
Or Yogurt 1 ea**

+

WW Roll/Marg 1 ea
Sautéed Fresh Green
Bean ½ cup
Cubed Melons ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Nov. 20, 2025

Breakfast

Nutrigrain Bar 1 ea
Berry Berry Smoothie 1 cup
Asst. Cereals 1 oz
100 % Orange Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

Lunch

Mini Corn Dogs 6 ea
Ketchup, Mustard 1 ea

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**

+

Seasoned Fries ½ cup
Ketchup 2 pks
Carrot Coins ½ cup
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Nov. 21, 2025

Breakfast

Chicken Biscuit 1 ea
Asst. Cereals 1 oz
100% Apple Juice 4 oz
Banana 1 ea
Choice of Milk 8 oz

Lunch

Philly Cheese Steak Sub 1 ea
(Meat 2 oz, Cheese 1 oz)
Onions & Peppers 2 oz
Shredded Lettuce,
Tomato ½ cup
Ketchup 2 pks, Lite Mayo 1 pk

Or

**Turkey Cheese Sandwich or
Yogurt 1 ea**

+

Baked Chips 1 bag
Fresh Fruit Cup ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz