

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, Nov. 24, 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

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, Nov. 25, 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

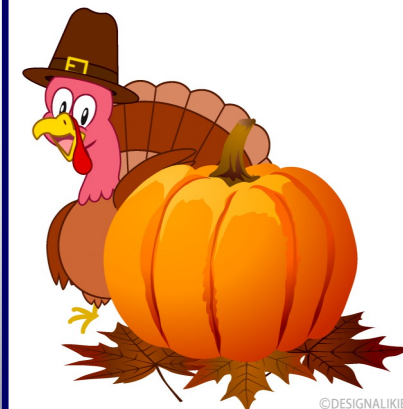
Lunch

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, Nov. 26, 2025



Thursday, Nov. 27, 2025



Friday, Nov. 28, 2025

