

Week Day Menu

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

RICA'S Window Café

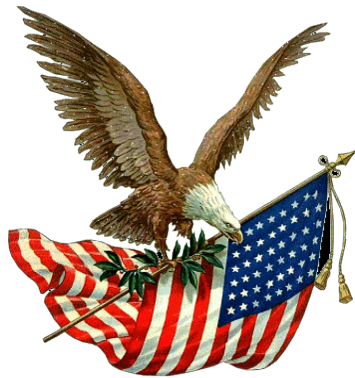
Lunch
Mon - Fri 11:30 - 1:30pm

Week IV



**GOOD
FOOD
is
GOOD
MOOD**

Monday, May 27, 2024



Happy Memorial Day

**NON
SCHOOL
DAY**

Tuesday, May 28, 2024

Breakfast

Fruit & Yogurt Parfait 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Apricots ½ cup
Choice of Milk 8 oz

Lunch

Spicy Chicken Sandwich 1 ea
(Meat 3 oz, WW Bun 1 ea)
Lettuce, Tomatoes &
Onion ½ cup
Ketchup, Lite Mayo 1 ea

Or

**SB & J Sandwich &
Cheese Stick 1 ea**

+

Baked Potato Chips 1 bag
Raw Baby Carrots ½ cup
W/Lite Ranch 2 oz
Fruit Cocktail ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., May 29, 2024

Breakfast

Chocolate Chip Muffin 1 ea
Turkey Sausage links 2 ea
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Chili 1 cup
WG Crackers 2 pks
Shr. Cheese/Sour Cream
1 oz ea

Or

Turkey Ham Sandwich 1 ea

+

Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Corn Bread 1 sv
Honey/Marg 1 pk ea
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, May 30, 2024

Breakfast

Cinnamon Roll 1 ea
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8oz

Lunch

Grilled Turkey Ham
W/American Cheese 3 oz
On WW Bread 2 sl

Or

Turkey Sandwich 1 ea

+

Cucumber Sticks
W/Lite Ranch 1 sv
Hearty Vegetable Soup 1 cup
WG Crackers 2 ea
Frozen Fruit Treats 1 sv
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, May 31, 2024

Breakfast

Turkey Sausage Patty 1 oz
Lite Cheese ½ oz
On WW English Muffin 1 ea
Asst. Cereal 1 oz
100% Fruit Punch Juice 4 oz
Pink Grapefruit ½ ea
Choice of Milk 8 oz

Lunch

BBQ Chicken 1 sv
WW Egg Noodles 1 cup

Or

**SB & J Sandwich &
Cheese Stick 1 ea**

+

Green Beans ½ cup
Corn on the Cob 1 ea
Strawberries
W/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz