

# Week Day Menu

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

## RICA'S Window Café

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

Week III



**GOOD  
FOOD  
is  
GOOD  
MOOD**

**Monday, Sept. 9, 2024**

### Breakfast

WW Bagel 1 ea  
Cream Cheese 1 ea  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Peaches in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

WW Spaghetti 1 cup  
W/Marinara Sauce ½ cup  
WW Garlic Bread Stick 1 ea  
**Or**  
**SB & J Sandwich 1 ea**  
Cheese Stick 1 oz  
+  
Vegetable Blend ½ cup  
Garden Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
Watermelon ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Tuesday, Sept. 10, 2024**

### Breakfast

Banana Bread 1 sv  
Asst. Cereal 1 oz  
100% Orange Juice 4 oz  
Pears in Juice ½ cup  
Choice of Milk 8 oz

### Thanksgiving in September!!

Roast Turkey 3 oz  
Mashed Potatoes ½ cup  
WW Stuffing/Gravy 2 oz ea  
**Or**  
**Turkey Sandwich 1 ea**  
+  
Buttered Corn ½ cup  
Cranberry Sauce 2 Tbsp  
Hot Spiced Apples ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed, Sept. 11, 2024**

### Breakfast

WW Pancakes 2 ea  
Syrup 1 oz/Marg 1 tsp  
Asst. Cereal 1 oz  
100% Apple Juice 4 oz  
Chilled Pineapples ½ cup  
Choice of Milk 8 oz

### Lunch

Spicy Nachos 1 sv  
(Meat 2 oz, WG Nacho Chips,  
Salsa, Shr. Cheese, Sour  
Cream 1 oz ea)  
Tossed Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
**Or**  
**SB & J Sandwich 1 ea**  
Cheese Stick 1 oz  
+  
Mexican Rice ½ cup  
LS Pinto Beans ½ cup  
Fresh Pineapples ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Thurs, Sept. 12, 2024**

### Breakfast

Sausage & Cheese 1½ oz  
On WW English Muffin 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch 4 oz  
Fruit Cocktail in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

Chix Broccoli Alfredo 1½ cup  
(WW Penne 1 cup)  
WW Bread w/Marg 1 ea  
**Or**  
**Turkey Sandwich 1 ea**  
+  
Tossed Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
Sliced Melon ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, Sept. 13, 2024**

### Breakfast

Berry Berry Smoothie 8 oz  
Asst. Cereal 2 ea  
100% Apple Cranberry 4 oz  
Fresh Banana 1 ea  
Choice of Milk 8 oz

### Lunch

Philly Cheese Steak Wrap 1 ea  
(Meat/Cheese 3 oz,  
WW Tortilla 2 ea)  
**Or**  
**Turkey Ham Sandwich 1 ea**  
+  
Baked Seasoned Fries ½ cup  
Ketchup 2 pks  
Celery Sticks w/Ranch 1 sv  
Strawberries ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz