

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 1



MyPlate Kids' Place



GOOD
FOOD
is
GOOD
MOOD

Monday, Oct. 20, 2025



Tuesday, Oct. 21, 2025

Breakfast

WW Donut 1 ea
Greek Yogurt 4 oz
Asst. Cereal 1 oz
100% Fruit Punch 4 oz.
Mandarin Oranges ½ cup
Choice of Milk 8 oz

Lunch

Chicken Patty Sandwich 1 sv
(Meat 3 oz, WW Bun 1 ea)
Or
**Turkey/Cheese Sandwich or
Yogurt 1 ea**
+
Lettuce, Onion, Tomato ½ cup
Seasoned Fries ½ cup
Ketchup 2 pks/Lite Mayo 1pk
Frozen Fruit Treat 4 oz
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Oct. 22, 2025

Breakfast

WW Toast 2 sl
Scrambled Egg/Cheese 2½ oz
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Peaches in Juice ½ cup
Choice of Milk 8 oz

Lunch

Baked Pork Chop 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Mashed Potato ½ cup
Gravy 1 oz
Carrot Coins 4 oz
WW Roll/Margarine 2 ea
Applesauce w/Cinnamon 4 oz
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Oct. 23, 2025

Breakfast

Very Berry Smoothie 8 oz
Asst. Cereal 1 oz
100% Grape Juice 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Chef Salad 1 cup
Asst. Low Fat Dressing 2 oz
WW Homemade Bread 1 sl
Or
**SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea**
+
Coleslaw ½ cup
Fresh Pineapple ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 24, 2025

Breakfast

WW Waffles 2 ea
Syrup 1 oz/Marg 1 t
Turkey Bacon 2 sl
Asst. Cereal 2 ea
100% Orange Juice 4 oz.
Grapefruit ½ ea
Choice of Milk 8 oz

Lunch

WW Spaghetti 1 cup
W/Meat Sauce or
Marinara ½ cup
WW Bread Stick 1 ea
Or
**Turkey Sandwich or
Yogurt 1 ea**
+
Green Beans ½ cup
Spinach Salad 1 cup
Asst. Dressing 2 oz
Grape ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz