

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



GOOD
FOOD
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GOOD
MOOD

Monday, Oct. 27, 2024

Breakfast

WW Breakfast Pizza 1 sv
(Meat/Cheese 2 oz)
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Fruit Cocktail ½ cup
Choice of Milk 8 oz

Lunch

Macaroni & Cheese 1 cup
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
WW Bread Sticks 2 ea
Carrot Coins ½ cup
Tossed Salad w/Egg 1 cup
Asst. Low Fat Dressing 2 oz
Green Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Oct. 28, 2024

Breakfast

WW Mini Bites 1 ea
Asst. Cereal 1 oz
100% Grape Juice 4 oz
Pineapple in juice ½ cup
Choice of Milk 8 oz

Lunch

Chix Chipotle Rice Bowl 1 sv
(Meat 3 oz)
Lime 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**
+
Sliced Kiwi ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wednesday, Oct. 29, 2024

Breakfast

WW Toast 1 sl
Jelly/Marg 1 ea
Scrambled Egg/Cheese 1 ea
Asst. Cereal 1 oz
100% Fruit Punch 4 oz.
Mandarin Orange ½ cup
Choice of Milk 8 oz

Lunch

Soft Taco 2 sv
(Meat 2 oz; WW Tortilla 2 ea)
Lettuce/Tomatoes ½ cup
Cheese 1 oz
Taco Sauce/Sour Cream
1 oz ea

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Refried Beans ½ cup
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Oct. 30, 2024

Breakfast

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

Lunch

Oven Fried Chicken 1 ea
Or

**Turkey Sandwich or
Yogurt 1 ea**
+
Sweet Potato/Cinnamon 1 ea
WW Roll/Marg 1 ea
Sautéed Cabbage ½ cup
Apple Slices w/Caramel ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 31, 2024

Breakfast

Fried Eggs 1 ea
Bacon 2 sl
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Chilled Peaches ½ cup
Choice of Milk 8 oz

Happy Halloween!!

Mummy Dogs 1 ea
Skeleton Fries ½ cup
Ketchup, Mustard 2 pks ea
Or

**SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea**
+

Deviled Eggs 2 ea
Creepy Veggie Cup ½ cup
Apple Monster 1 ea
Scary Treats 1 ea
Witches Brew 8 oz
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz