

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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MOOD

Monday, Oct. 16, 2023

Breakfast

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

Lunch

Baked Ziti 1 cup
W/Marinara Sauce ½ cup
Or
Turkey Ham Sandwich 1 ea
+
WW Bread Sticks 2 ea
Carrot Coins ½ cup
Cucumber, Egg & Tomato
Salad ½ cup
Fresh Melons ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Oct. 17, 2023

Breakfast

WW Pancakes 2 ea
Syrup 1 oz/Marg 1 tsp
Asst. Cereal 1 oz
100% Apple 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 1 ea
Cheese Stick 1 oz
+
Peaches 2 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wednesday, Oct. 18, 2023

Breakfast

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

Lunch

Grilled Chix Sandwich 1 ea
(Meat 3 oz, WW Bun 1 ea)
Mayo, Mustard, Ketchup 1 ea
Lettuce, Tomato, Onion ½ cup
Or
Turkey Ham Sandwich 1 ea
+
Peas ½ cup
Spinach Strawberry
Salad ½ cup
W/Balsamic Dressing 2 oz
Cinnamon Applesauce ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Oct. 19, 2023

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

Soft Taco 2 sv
(Meat 2 oz/WW Tortilla 2 ea)
Lettuce, Tomatoes ½ cup
Cheese, Taco Sauce,
Sour Cream 1 oz ea
Or
Turkey Sandwich 1 ea
+
Refried Beans ½ cup
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 20, 2023

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

Lunch

Broccoli Chicken Penne
1½ cup
WW Roll/Marg 1 ea
Or
SB & J Sandwich 1 ea
Cheese Stick 1 oz
+
Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz