

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
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GOOD
MOOD

Monday, Sept. 15, 2025

Breakfast

WG Banana Muffin 1 ea
Asst. Cereal 1 oz
100% Fruit Punch Juice 4 oz
Peaches in juice ½ cup
Choice of Milk 8 oz

Lunch

Grilled Cheese 1 ea
(WW Bread 2 sl, Cheese 2 oz)

Or

**Turkey Sandwich or
Yogurt 1 ea**

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Sweet Potato Fries ½ cup
Tossed Salad w/Egg 1 cup
Assorted Salad Dressing 2 pc
Strawberries w/Topping ½ cup
Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Tuesday, Sept. 16, 2025

Breakfast

French Toast 2 sl
Syrup/Marg 1 ea
Oatmeal w/Topping 6 oz
100% Apple Cranberry 4oz
Fruit Cocktail ½ cup
Choice of Milk 8 oz

Lunch

Buffalo Chicken Wrap 1 sv
(Meat 3 oz, WW Tortilla 2 ea)

Or

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

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Cucumber Sticks w/Ranch 1 sv
Corn Cobettes 1 ea
Fresh Fruit Plate ½ cup
Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Wed., Sept. 17, 2025

Breakfast

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

Lunch

Beef-a-roni 1 cup
WW Roll/Marg 1 ea

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**

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Steamed Carrot Coins ½ cup
Raw Celery ½ cup
W/Lite Ranch 2 oz
Grapes ½ cup
Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Thursday, Sept. 18, 2025

Breakfast

Fried Egg & Cheese 1 ea
On WW English Muffin 1 ea
Asst. Cereal 1 oz
100% Apple Juice 4 oz.
Pears in Juice ½ cup.
Choice of Milk 8oz

Lunch

Chicken Caesar Salad 1 Sv
(Meat 3oz, Salad 1 cup)
Caesar Dressing 2 oz

Or

**Turkey Sandwich or
Yogurt 1 ea**

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WW Breadstick 2 ea
Roasted Cauliflowers ½ cup
Mandarin Oranges ½ cup
Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Friday, Sept. 19, 2025

Breakfast

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

Lunch

Fish Taco 1 sv
(Crunchy Fish Tender 3 oz
Corn Tortilla 2 ea)
Chopped Tomatoes,
Shr. Lettuce/Cheese ½ cup
Tarter Sauce,
Sour Cream 1 oz ea

Or

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

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Seasoned Black Beans ½ cup
Corn ½ cup
Peach 1 ea
Fresh Fruit Basket 1 sv
Choice of Milk 8 oz