

# 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  
is  
GOOD  
MOOD**

Monday, April 15, 2024

## Breakfast

WW Bagel 1 ea  
Lite Cream Cheese 1 ea  
Assorted Cereal 1 oz  
100% Orange Juice 4 oz.  
Fruit Cocktail ½ cup  
Choice of Milk 8 oz

## Lunch

Meatless Ravioli 4 ea  
W/Marinara Sauce ½ cup  
WW Bread Stick 1 ea  
**Or**  
**Turkey Sandwich 1 ea**  
+  
Steamed Broccoli ½ cup  
Tossed Salad w/Egg 1 cup  
Asst. Low Fat Dressing 2 oz  
Fresh Pineapples ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Tuesday, April 16, 2024

## Breakfast

WG Breakfast Bun 1 ea  
Scrambled Egg ¼ cup  
Assorted Cereal 1 oz  
100% Apple Juice 4 oz.  
Pears in juice ½ cup  
Choice of Milk 8 oz

## Lunch

Chicken Chipotle Rice Bowl 1 sv  
(Meat 3 oz)  
Citrus 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  
+  
Cantaloupe Slices ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Wednesday, April 17, 2024

## Breakfast

Breakfast Burrito 1 sv  
Assorted Cereal 1 oz  
100% Orange Juice 4 oz  
Apricot ½ cup  
Choice of Milk 8 oz

## Lunch

Beef Stew 1½ cups  
(Meat 4 oz, Vegetables 8 oz)  
WW Egg Noodles 6 oz  
**Or**  
**Turkey Sandwich 1 ea**  
+  
Collard Greens ½ cup  
Fresh Clementines 2 ea  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Thursday, April 18, 2024

## Breakfast

Fruit & Yogurt Parfait 1 ea  
Assorted Cereal 1 oz  
100% Fruit Punch 4 oz  
Fresh Banana 1 ea  
Choice of Milk 8 oz

## Lunch

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

Friday, April 19, 2024

## Breakfast

Turkey Sausage/lite  
Cheese 1½ oz  
On WW Croissant 2 oz  
Assorted Cereal 1 oz  
100% Apple Cranberry 4 oz.  
Fruit Cup Bowl 1 ea  
Choice of Milk 8 oz

## Lunch

WG Chicken Nuggets 5 ea  
Assorted Sauces 2 pks  
WW Roll/Marg 1 ea  
**Or**  
**SB & J Sandwich 1 ea**  
Cheese Stick 1 oz  
+  
Baked Potato/Sour  
Cream 1 ea  
Corn ½ cup  
Strawberries  
W/Topping ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz