

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



MyPlate Kids' Place



**GOOD
FOOD
is
GOOD
MOOD**

Monday, May 13, 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, May 14, 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, May 14, 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, May 15, 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, May 16, 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