

Week Day Menu

Breakfast
Mon - Fri 8:30 - 9:30am

RICA'S Window Café

Lunch
Mon - Fri 11:30 - 1:30pm

Week I



**GOOD
FOOD
is
GOOD
MOOD**

Monday, Feb. 10, 2025

Breakfast

Turkey Bacon 2 sl
WW Toast 2 sl
Marg/Jelly 1 ea
Asst. Cereals 1 oz
100% Apple Juice 4 oz
Mandarin Oranges ½ cup
Choice of Milk 8oz

Lunch

Cheese or Vegetable Pizza 1 sv

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**
+

Caesar/Egg Salad 1 cup
W/Caesar Dressing 2 oz
Celery Sticks w/Ranch 1 sv
Fresh Fruit Cup ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Feb. 11, 2025

Breakfast

Breakfast Pizza 3.3 oz
Asst. Cereals 1 oz
100% Fruit Punch 4 oz
Fruit Cocktail ½ cup
Choice of Milk 8oz

Lunch

Taco Tuesday 2 ea
(Meat/Cheese 3 oz,
Corn Tortilla 2 ea)
Taco Sauce, Sour Cream 1 ea

Or

**Turkey Sandwich or
Yogurt 1 ea**
+

Black Beans ½ cup
Tex Mex Corn ½ cup
Mandarin Oranges ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Feb. 12, 2025

Breakfast

WW Waffles 2 ea
Syrup 1 oz/Marg 1 ea
Asst. Cereals 1 oz
100% Apple Cranberry 4 oz
Chilled Apricots ½ cup
Choice of Milk 8 oz

Lunch

Baked Chicken 1 ea
Red Potatoes ½ cup

Or

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

WW Roll/Marg 1 ea
Sautéed Fresh Green
Bean ½ cup
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Feb. 13, 2025

Breakfast

Nutrigrain Bar 1 ea
Berry Berry Smoothie 1 cup
Asst. Cereals 1 oz
100 % Orange Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

Lunch

Philly Cheese Steak Sub 1 ea
(Meat 2 oz, Cheese 1 oz)
Onions & Peppers 2 oz
Shredded Lettuce,
Tomato ½ cup
Ketchup 2 pks, Lite Mayo 1 pk

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Waffle Fries ½ cup
Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Feb. 14, 2025

Happy Valentine's Day!!

Chicken Biscuit 1 ea
Asst. Cereals 1 oz
100% Apple Juice 4 oz
Banana 1 ea
Choice of Milk 8 oz

Lunch

Hearty Chicken Tortilla 1 sv
(Meat 2 oz, Cheese 1 oz)
Cupid's Mexican Rice ½ cup

Or

**Turkey Cheese Sandwich or
Yogurt 1 ea**
+

Sweet Buttered Corn ½ cup
Xoxo's Refried Beans ½ cup
Rainbow Mango Salad ½ cup
Valentine's Treat 1 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz