

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, Feb. 17 2025

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 or
Yogurt 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, Feb. 18, 2025

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/Cheese
Stick 1 ea
Or Yogurt 1 ea**
+
Cantaloupe Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed, Feb. 19, 2025

Breakfast

Breakfast Burrito 1 sv
Assorted Cereal 1 oz
100% Orange Juice 4 oz
Papaya & Mango 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 or
Yogurt 1 ea**
+
Collard Greens ½ cup
Fresh Clementines 2 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Feb. 20, 2025

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

Chicken Tenders 4 ea
Assort. Sauce 2 pks
WG Roll/Marg 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Baked Sweet Potatoes 1 ea
Celery Sticks w/Ranch 1 sv
Fresh Pears 1 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Feb. 21, 2025

Breakfast

Turkey Sausage/lite
Cheese 1½ oz
On WW Croissant 2 oz
Assorted Cereal 1 oz
100% Apple Cranberry 4 oz.
Mandarin Oranges ½ cup
Choice of Milk 8 oz

Lunch

Roast Turkey 3 oz
Mashed Potatoes ½ cup
WG Stuffing/Gravy 2 oz ea
Or
**SB & J Sandwich/Cheese
Stick 1 ea
Or Yogurt 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