

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, Nov. 18, 2024

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 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, Nov. 19, 2024

Breakfast

WW Waffles 2 ea
Syrup 1 oz/Marg 1 ea
Asst. Cereals 1 oz
100% Fruit Punch 4 oz
Fruit Cocktail ½ cup
Choice of Milk 8oz

Lunch

Chicken Tenders 3 oz
Asst. Sauce 2 pks
WW Roll/Marg 1 ea
Baked Potato 1 ea
Sour Cream 1 ea
Or
Turkey Sandwich 1 ea
+
Corn ½ cup
Frozen Fruit Treat 4 oz
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Nov. 20, 2024

Breakfast

Breakfast Pizza 3.3 oz
Asst. Cereals 1 oz
100% Apple Cranberry 4 oz
Chilled Apricots ½ cup
Choice of Milk 8 oz

Lunch

Mini Corn Dogs 6 ea
Ketchup, Mustard 1 ea
Or
SB & J Sandwich 1 ea
Cheese Stick 1 oz
+
Baked Chips 1 bag
Carrot Coins ½ cup
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Nov. 21, 2024

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 1 ea
+
Waffle Fries ½ cup
Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Nov. 22, 2024

Breakfast

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

Lunch

Chicken Alfredo 1 sv
WW Egg Noodles 1 cup
Or
Turkey Cheese Sandwich 1 ea
+
Sautéed Fresh Green
Bean ½ cup
Winter Blend ½ cup
Cubed Melons ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz