

Week Day Menu

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

RICA'S Window Café

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

Week III



**GOOD
FOOD
is
GOOD
MOOD**

Monday, Nov. 4, 2024



Tuesday, Nov. 5, 2024



Wed, Nov. 6, 2024

Breakfast

WW Pancakes 2 ea
Syrup 1 oz/Marg 1 tsp
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Fruit Cocktail ½ cup
Choice of Milk 8 oz

Lunch

Spicy Nachos 1 sv
(Meat 2 oz, WG Nacho Chips,
Salsa, Shr. Cheese, Sour
Cream 1 oz ea)
Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz

Or

SB & J Sandwich 1 ea

Cheese Stick 1 oz

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Mexican Rice ½ cup
LS Pinto Beans ½ cup
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thurs, Nov. 7, 2024

Breakfast

Sausage & Cheese 1½ oz
On WW English Muffin 1 ea
Asst. Cereal 1 oz
100% Fruit Punch 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

Lunch

Chix Broccoli Alfredo 1½ cup
(WW Penne 1 cup)
WW Bread w/Marg 1 ea

Or

Turkey Sandwich 1 ea

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Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Sliced Melon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Nov. 8, 2024

Breakfast

Berry Berry Smoothie 8 oz
Asst. Cereal 2 ea
100% Apple Cranberry 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Philly Cheese Steak Wrap 1 ea
(Meat/Cheese 3 oz,
WW Tortilla 2 ea)

Or

Turkey Ham Sandwich 1 ea

+

Baked Seasoned Fries ½ cup
Ketchup 2 pks
Celery Sticks w/Ranch 1 sv
Strawberries ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz