

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, Sept 30, 2024

Breakfast
 WW Toast 1 sl
 Jelly/Marg 1 ea
 Scrambled Egg/Cheese 1 ea
 Asst. Cereal 1 oz
 100% Orange Juice 4 oz
 Fruit Cocktail ½ cup
 Choice of Milk 8 oz

Lunch
 Macaroni & Cheese 1 cup
Or
Turkey Ham Sandwich 1 ea
 +
 WW Bread Sticks 2 ea
 Carrot Coins ½ cup
 Tossed Salad w/Egg 1 cup
 Asst. Low Fat Dressing 2 oz
 Grapes ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Tuesday, Oct. 1, 2024

Breakfast
 WW Mini Bites 1 ea
 Asst. Cereal 1 oz
 100% Apple Juice 4 oz
 Pineapple in juice ½ cup
 Choice of Milk 8 oz


Lunch
 Chix Chipotle Rice Bowl 1 sv
 (Meat 3 oz)
 Lime 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
 +
 Sliced Cantaloupe ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Wednesday, Oct. 2, 2024

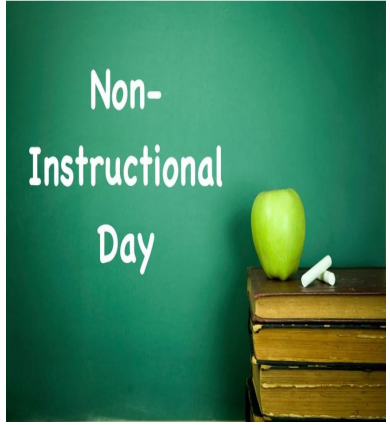
Breakfast
 WW Breakfast Pizza 1 sv
 (Meat/Cheese 2 oz)
 Asst. Cereal 1 oz
 100% Fruit Punch 4 oz.
 Mandarin Orange ½ cup
 Choice of Milk 8 oz

Lunch
 Hot Roast Beef Sandwich 1ea
 (Meat 3 oz, WW Bread 2 sl)
 LS Gravy 1 oz
Or
Turkey Ham Sandwich 1 ea
 +
 Peas ½ cup
 Mashed Potato ½ cup
 Cinnamon Applesauce ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Thursday, Oct. 3, 2024



Non-Instructional Day



Friday, Oct. 4, 2024

Breakfast
 Fried Eggs 1 ea
 Bacon 2 sl
 Asst. Cereal 1 oz
 100% Orange Juice 4 oz
 Chilled Peaches ½ cup
 Choice of Milk 8 oz

Lunch
 Soft Taco 2 sv
 (Meat 2 oz/WW Tortilla 2 ea)
 Lettuce, Tomatoes ½ cup
 Cheese, Taco Sauce,
 Sour Cream 1 oz ea
Or
SB & J Sandwich 1 ea
 Cheese Stick 1 oz
 +
 Refried Beans ½ cup
 Fresh Honeydew ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz