

# 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, Feb. 23, 2026

## Breakfast

Fried Egg 1 ea.  
Blueberry WG Muffin 1 ea  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Peaches in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

Grilled Cheese 1 ea  
(WW Bread 2 sl, Cheese 1 oz)  
Cheese Stick 1 ea  
Or  
**Turkey Ham Sandwich or  
Yogurt 1 ea**  
+  
Caesar Salad 1 cup  
W/Caesar dressing 2 oz  
Creamy Vegetable  
Chowder 1 cup  
WG Crackers 1 pk  
Frozen Treats 1 ea  
Choice of Fresh Fruit Basket 1 sv  
Choice of Milk 8 oz

Tuesday, Feb. 24, 2026

## Breakfast

WW Pancakes 2 ea  
Syrup 1 oz/Marg 1 tsp  
Asst. Cereal 1 oz  
100% Orange Juice 4 oz  
Pears in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

WW Spaghetti 1 cup  
W/Meat Sauce or  
Alfredo ½ cup  
Parmesan Cheese 1 pk  
Or  
**Turkey Sandwich or  
Yogurt ea**  
+  
Seasoned Broccoli ½ cup  
Baby Carrots ½ cup  
Mandarin Oranges ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Wed., Feb. 25, 2026

## Breakfast

WW French Toast Sticks 4 ea  
Syrup/Marg 1 ea  
Chicken Sausage 1 sv  
Asst. Cereal 1 oz  
100% Apple Juice 4 oz  
Pineapples in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

Turkey Burger 3 oz  
On WW Bun 1 ea  
Lettuce, Tomatoes,  
Onions ½ cup  
Mustard/Mayo 1 ea  
Or  
**SB & J Sandwich/Cheese  
Stick 1 ea or Yogurt 1 ea**  
+  
Sweet Potato Fries ½ cup  
Fresh Strawberries ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Thurs., Feb. 26, 2026

## Breakfast

Berry Berry Smoothie 8 oz  
Granola Bar 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch 4 oz  
Banana 1 ea  
Choice of Milk 8 oz

## Lunch

Tuna Salad 3 oz  
On WW Croissant 1 ea  
Lettuce, Tomato, Onion ½  
cup  
Or  
**Turkey Ham Sandwich or  
Yogurt 1 ea**  
+  
Baked Chips 1 bag  
Celery w/Lite Ranch 1 sv  
Fruit Plate ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

Friday, Feb. 27, 2026

## Breakfast

Breakfast Pizza 1 sv  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Strawberries ½ cup  
Choice of Milk 8 oz

## Lunch

Chicken Parmesan 1 sv  
WW Penne Pasta 1 cup  
Or  
**Turkey Sandwich or  
Yogurt 1 ea**  
+  
Green Beans ½ cup  
Tossed Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
Fresh Melons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz