

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, May 4, 2026

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 or
Yogurt 1 ea**
+
Caesar/Egg Salad 1 cup
W/Caesar Dressing 2 oz
Celery Sticks w/Ranch 1 sv
Fresh Kiwi ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, May 5, 2026

Breakfast

WG Froot Loops 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

Cinco De Mayo

Steak Fajitas w/Fixing 1 sv
(Meat 3 oz, WW Tortilla 2 ea)
Or
**Turkey Sandwich or
Yogurt 1 ea**
+
Mexican Rice ½ cup
Refried Bean ½ cup
Grilled Peppers & Onions 2oz
Fresh Pineapple ½ cup
Churros or Flan 1 sv
Inca Cola 1 sv
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., May 6, 2026

Breakfast

Breakfast Burrito 1 sv
Asst. Cereals 1 oz
100% Apple Cranberry 4 oz
Chilled Peaches ½ cup
Choice of Milk 8 oz

Lunch

Smothered Chicken 1 ea
Garlic Roasted Potatoes ½ cup
Or
**SB & J Sandwich/Cheese Stick
Or Yogurt 1 ea**
+
WW Roll/Marg 1 ea
Winter Blend ½ cup
Cubed Melon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, May 7, 2026

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

Mini Corn Dogs 6 ea
Ketchup, Mustard 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Seasoned Fries ½ cup
Ketchup 2 pks
Carrot Coins ½ cup
Red Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, May 8, 2026

Breakfast

Chicken Biscuit 1 ea
Asst. Cereals 1 oz
100% Apple Juice 4 oz
Banana 1 ea
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 Cheese Sandwich or
Yogurt 1 ea**
+
Baked Chips 1 bag
Fresh Fruit Cup ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz