

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
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MOOD

Monday, Sept. 29, 2025

Breakfast

WW Breakfast Pizza 1 sv
(Meat/Cheese 2 oz)
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 or
Yogurt 1 ea**
+
WW Bread Sticks 2 ea
Carrot Coins ½ cup
Tossed Salad w/Egg 1 cup
Asst. Low Fat Dressing 2 oz
Green Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Sept. 30, 2025

Breakfast

WW Mini Bites 1 ea
Oatmeal w/Topping 1 cup
100% Grape 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/Cheese
Stick 1 ea or Yogurt 1 ea**
+
Sliced Kiwi ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wednesday, Oct. 1, 2025

Breakfast

WW Toast 1 sl
Jelly/Marg 1 ea
Scrambled Egg/Cheese 1 ea
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 or
Yogurt 1 ea**
+
Peas ½ cup
Mashed Potato ½ cup
Strawberries
w/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Oct. 2, 2025

Breakfast

Fruit & Yogurt Parfait 1 cup
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Fresh Banana 1 ea
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
**Turkey Sandwich or
Yogurt 1 ea**
+
Refried Beans ½ cup
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 3, 2025

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

Oven Fried Chicken 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Sweet Potato/Cinnamon 1 ea
WW Roll/Marg 1 ea
Sautéed Cabbage ½ cup
Apple Slices
W/Caramel ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz