

# Week Day Menu

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

## RICA'S Window Café

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

Week I



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**Monday, April 8, 2024**

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

**Tuesday, April 9, 2024**

### Breakfast

WW 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

### Lunch

Chicken Tenders 3 oz  
Asst. Sauce 2 pks  
WW Roll/Marg 1 ea  
Baked Potato 1 ea  
Sour Cream 1 ea  
**Or**  
**Turkey Sandwich** 1 ea  
+  
Corn ½ cup  
Frozen Fruit Treat 4 oz  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed., April 10, 2024**

### Breakfast

Breakfast Pizza 3.3 oz  
Asst. Cereals 1 oz  
100% Apple Cranberry 4 oz  
Chilled Apricots ½ cup  
Choice of Milk 8 oz

### Lunch

Mini Corn Dogs 6 ea  
Ketchup, Mustard 1 ea  
**Or**  
**SB & J Sandwich** 1 ea  
Cheese Stick 1 oz  
+  
Baked Chips 1 bag  
Carrot Coins ½ cup  
Watermelon ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Thursday, April 11, 2024**

### 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

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 Ham Sandwich** 1 ea  
+  
Waffle Fries ½ cup  
Grapes ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, April 12, 2024**

### Breakfast

Chicken Biscuit 1 ea  
Asst. Cereals 1 oz  
100% Apple Juice 4 oz  
Banana 1 ea  
Choice of Milk 8 oz

### Lunch

Chicken Alfredo 1 sv  
WW Egg Noodles 1 cup  
**Or**  
**Turkey Cheese Sandwich** 1 ea  
+  
Sautéed Fresh Green  
Bean ½ cup  
Winter Blend ½ cup  
Cubed Melons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz