

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



MyPlate Kids' Place



**GOOD
FOOD
is
GOOD
MOOD**

Monday, June 5, 2023

Breakfast

W.W. Bagel 1 ea
Lite Cream Cheese 1 ea
Assorted Cereal 1 oz
100% Orange Juice 4 oz.
Fruit Cocktail ½ cup
Choice of Milk 8 oz

Lunch

Cheese Ravioli 4 ea
W/Marinara Sauce ½ cup
W.W Bread Stick 1 ea
Or
Turkey Sandwich 1 ea
+
Steamed Broccoli ½ cup
Tossed Salad w/Egg 1 cup
Asst. Low Fat Dressing 2 oz
Fresh Peaches 1 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, June 6, 2023

Breakfast

WG Breakfast Bun 1 ea
Scrambled Egg ¼ cup
Assorted Cereal 1 oz
100% Apple Juice 4 oz.
Pears in juice ½ cup
Choice of Milk 8 oz

Lunch

Chicken Chipotle Rice Bowl 1 sv
(Meat 3 oz)
Citrus 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
+
Strawberries w/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wednesday, June 7, 2023

Breakfast

Fruit & Yogurt Parfait 1 ea
Assorted Cereal 1 oz
100% Fruit Punch 4 oz
Fresh Blueberries ½ cup
Choice of Milk 8 oz

Lunch

Beef Taco 2 ea
(Meat/Cheese 3 oz,
Corn Tortilla 2 ea)
Taco Sauce, Sour Cream 1 ea
Or
Turkey Sandwich 1 ea
+
Black Beans ½ cup
Garden Salad 1 cup
Asst. Low Fat Dressing 2 oz
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz
Strawberries w/Topping ½
cup

Thursday, June 8, 2023

Breakfast

Turkey Sausage/lite
Cheese 1½ oz
On W.W. Croissant 2 oz
Assorted Cereal 1 oz
100% Apple Cranberry 4 oz.
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Roast Turkey 3 oz
Mashed Potatoes ½ cup
WG Stuffing/Gravy 2 oz ea
Fresh Baked W.W. Bread 1 sv
Or
Turkey Ham Sandwich 1 ea
+
Seasoned Green Beans ½ cup
Cranberry Sauce 2 Tbsp
Hot Spiced Apples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, June 9, 2023

Breakfast

WG French Toast Sticks 4 ea
Syrup 1 oz/Marg 1 tsp
Assorted Cereal 1 oz
100% Orange Juice 4 oz
Sliced Peaches ½ cup
Choice of Milk 8 oz

Lunch

W.W. Chicken Parmesan &
WW Penne
W/Marinara Sauce 1 sv
(Chix Patty 3 oz, Pasta 1 cup,
Sauce ½ cup)
Or
SB & J Sandwich 1 ea
Cheese Stick 1 oz
+
Raw Baby Carrots ½ cup
W/Lite Ranch 2 oz
Mixed Vegetables ½ cup
Fresh Pears 1 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz