

# 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, Mar. 10, 2025

#### 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 Fruit Cup ½ cup  
Choice of Fresh Fruit  
Basket 1 sv

Choice of Milk 8 oz

### Tuesday, Mar. 11, 2025

#### Breakfast

Breakfast Burrito 1 sv  
Asst. Cereals 1 oz  
100% Fruit Punch 4 oz  
Fruit Cocktail ½ cup  
Choice of Milk 8oz

#### Lunch

Taco Tuesday 2 ea  
(Meat/Cheese 3 oz,  
Corn Tortilla 2 ea)  
Taco Sauce, Sour Cream 1 ea

Or

**Turkey Sandwich or  
Yogurt 1 ea**

+

Black Beans ½ cup  
Tex Mex Corn ½ cup  
Mandarin Oranges ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

### Wed., Mar. 12, 2025

#### Breakfast

Chicken Biscuit 1 ea  
Asst. Cereals 1 oz  
100% Apple Cranberry 4 oz  
Chilled Peaches ½ cup  
Choice of Milk 8 oz

#### Lunch

Baked Chicken 1 ea  
Red Potatoes ½ cup

Or

**SB & J Sandwich/Cheese  
Stick Or Yogurt 1 ea**

+

WW Roll/Marg 1 ea  
Sautéed Fresh Green  
Bean ½ cup  
Cubed Melons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

### Thursday, Mar. 13, 2025

#### 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**

+

Baked Chips 1 bag  
Carrot Coins ½ cup  
Fresh Apples 1 ea  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

### Friday, Mar. 14, 2025

#### Breakfast

WW Waffles 2 ea  
Syrup 1 oz/Marg 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**

+

Waffle Fries ½ cup  
Grapes ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz