

# YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<b>Chicken Nuggets</b> Chicken Wheat Bread (WGR) Carrots Peaches 1% or Whole Milk	<b>Taco Tuesday</b> Ground Chicken/Beef/Chdr Cz Wheat Tortilla Shell (WGR) Corn Pears 1% or Whole Milk	<b>Turkey Bologna Sub</b> Turkey Bologna Wheat Roll (WGR) Mixed Vegg Banana 1% or Whole Milk	<b>Cowboy Wrap</b> Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	<b>Chicken Moodle</b> Chicken/Gravy Wheat Rotini(WGR) Peas & Carrots Fresh Orange Slices 1% or Whole Milk	1/8
9	<b>Chicken Enchillada</b> Chicken/ Cheddar Wheat Tortilla Shell (WGR) Mixed Vegg Pineapple 1% or Whole Milk	<b>Meatball Bomber</b> Chicken/Beef Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	<b>BBQ Hamburger</b> Beef Wheat Roll (WGR) Green Beans Pears 1% or Whole Milk	<b>Turkey Sub</b> Turkey Wheat Roll (WGR) Carrots Fresh Banana 1% or Whole Milk	<b>Pizza Pasta</b> Mozz/Cheddar Cz Wheat Elbow (WGR) Peas Orange Slices 1% or Whole Milk *Topped with Turkey Pepperoni	15
16	<b>Salisbury Steak</b> Beef Wheat Bread (WGR) Carrots Peaches 1% or Whole Milk	<b>Taco Tuesday</b> Ground Chicken/Beef/Chdr Cz Wheat Tortilla Shell (WGR) Corn Pineapple 1% or Whole Milk	<b>Turkey Bologna Sub</b> Turkey Bologna Wheat Roll (WGR) Mixed Vegg Banana 1% or Whole Milk	<b>BBQ Chicken Roll-Up</b> Chicken Wheat Tortilla Shell (WGR) Wax Beans Fresh Apple 1% or Whole Milk	<b>Chicken Parm</b> Chicken Wheat Rotini (WRG) Peas&carrots Fresh Orange Slices 1% or Whole Milk	22
23	<b>Chicken Nuggets</b> Chicken Wheat Bread (WGR) Mixed Veggies Pineapple 1% or Whole Milk	<b>Turkey Dogs</b> Turkey Wheat Roll (WGR) Carrots Peaches 1% or Whole Milk	<b>BBQ Chicken Wrap</b> Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	<b>Mac n Cz</b> Cheddar/Parm/Mozz Cheese Wheat Elbow (WGR) Peas Fresh Orange Slices 1% or Whole Milk	<b>Sloppy Joe</b> Ground Beef/Turkey Blend Hamburger Bun (WGR) Corn Banana 1% or Whole Milk	29
30	<b>Salisbury Steak</b> Beef Wheat Bread (WGR) Mixed Vegg Peaches 1% or Whole Milk	<b>Taco Tuesday</b> Ground Beef/Chd Cz Wheat Tortilla Shell (WGR) Corn Pineapple 1% or Whole Milk	<b>Turkey &amp; Gravy</b> Turkey Wheat Roll (WGR) Mashed Potatos Banana 1% or Whole Milk	<b>Meatball Bomber</b> Chicken/Beef Wheat Roll (WGR) Carrots Pears 1% or Whole Milk	<b>Cheeseburger Mac n Cz</b> Cheddar Cheese/Turkey Wheat Elbow(WGR) Peas Fresh Orange Slices 1% or Whole Milk	



All lunches follow cacfp (child and adult care food program) (WGR) = Whole Grain-Rich Foods

**Milk Guide** 12-24 months (1/2 cup Whole Milk) 3-5 Years (3/4cup 1% Milk) Snack (1/2cup 1% Milk) 6-Adult (1cup 1% Milk)

While we do not use any peanut/tree nut products in our food/recipes, we have been advised by all our distributors and lawyers that all warehouses/delivery trucks have peanuts/tree nuts products in/on them and are not stored separate from the food we receive. **We do not serve any children with severe allergies of any kind.** Riva's Catering Presents Cater Tots is a Cater Tots Inc., RCT Catering Inc., Riva's Catering Inc. Company.