

YOUR LUNCH MENU

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MAY 2022

GREAT NUTRITION IS ONLY THE BEGINNING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Turkey Dogs Turkey Wheat Roll (WGR) Carrots Pears 1% or Whole Milk	3 BBQ Chicken Roll-Up Chicken Wheat Tortilla Shell (WGR) Green Beans Peaches 1% or Whole Milk	4 Turkey Sub Turkey Wheat Roll (WGR) Mixed Vegg Apple 1% or Whole Milk	5 Tacos Ground Chicken/beef/Chz Wheat Tortilla Shell(WGR) Corn Banana 1% or Whole Milk	6 Pizza Pasta Mozz/Cheddar Cheese Whole Grain Elbow (WGR) Peas Fresh Orange 1% or Whole Milk <small>*Topped with Turkey Pepperoni</small>	7
8	9 Chicken Nuggets Chicken Wheat Bread (WGR) Mixed Vegg Pineapple 1% or Whole Milk	10 Chicken Enchillada Chicken/ Cheddar Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	11 Salisbury Steak Beef Wheat Roll (WGR) Garden Salad Pears 1% or Whole Milk	12 Turkey & Gravy Turkey Wheat Roll (WGR) Mashed Potatoes Fresh Banana 1% or Whole Milk	13 Mac&Cz Mozz/Cheddar Cz Wheat Elbow (WGR) Peas&Carrots Orange Slices 1% or Whole Milk	14
15	16 Meatball Bomber Chicken/Beef Wheat Roll (WGR) Green Beans Peaches 1% or Whole Milk	17 Taco Tuesday Ground Chicken/Cheddar Cz Wheat Tortilla Shell(WGR) Corn Pineapple 1% or Whole Milk	18 Turkey Bologna Turkey Bologna Wheat Roll (WGR) Carrots Banana 1% or Whole Milk	19 Southwest Chicken& Rice Red Beans/Cheddar Mixed Veggie Fresh Apple 1% or Whole Milk	20 Chicken Parm Chicken Wheat Rotini (WRG) Peas&carrots Fresh Orange Slices 1% or Whole Milk	21
22	23 Breakfast 4 Lunch Egg&cheese Omllette English Muffin (WGR) Mixed Veggies Pineapple 1% or Whole Milk	24 Turkey Dogs Turkey Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	25 Cowboy Chicken Wrap Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	26 Pizza Pasta Mozz Cheese/Tky Pepperoni Wheat Elbow (WGR) Peas Fresh Orange Slices 1% or Whole Milk	27 Sloppy Joe Ground Beef/Turkey Blend Hamburger Bun (WGR) Garden Salad Banana 1% or Whole Milk	28
29	30 Salisbury Steak Beef Wheat Bread (WGR) Green Beans Peaches 1% or Whole Milk	31 Taco Tuesday Ground Chicken/Beef/Chdr Cz Wheat Tortilla Shell (WGR) Corn Fresh Apple 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.