

YOUR LUNCH MENU

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JANUARY 2023

GREAT NUTRITION IS ONLY THE BEGINNING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Turkey Dogs Turkey Wheat Roll (WGR) Carrots Peaches 1% or Whole Milk	3 Taco Tuesday Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	4 Turkey Bologna Turkey Bologna Wheat Roll (WGR) Mixed Veggie Pineapple 1% or Whole Milk	5 BBq Chicken Roll Up Chicken Wheat Tortilla Shell (WGR) Green Beans Banana 1% or Whole Milk	6 Chicken Alfredo Chicken Whole Grain Rotini (WGR) Peas Fresh Orange Slices 1% or Whole Milk	7
8	9 Chicken Nuggets Chicken Wheat Bread (WGR) Mixed Veggies Pineapple	10 Chicken Enchillada Chicken/ Cheddar Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	11 Meatball Bomber Chicken/Beef Wheat Roll (WGR) Corn Pear 1% or Whole Milk	12 Turkey/Gravy Turkey/Gravy WGR Biscuit Mashed Potatoes Fresh Orange Slices 1% or Whole Milk	13 Mac&Cz Mozz/Cheddar Cz Wheat Elbow (WGR) Peas&Carrots Banana 1% or Whole Milk	14
15	16 BBq Burger Beef Wheat Roll (WGR) Green Beans Peaches 1% or Whole Milk	17 Taco Tuesday Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	18 Turkey Dogs Turkey Wheat Roll(WGR) Carrots Fresh Orange Slices 1% or Whole Milk	19 Turkey Bologna Turkey Bologna Wheat Roll (WGR) Mixed Veggie Pineapple 1% or Whole Milk	20 Chicken Noodle Chicken Wheat Rotini(WGR) Peas Fresh Banana 1% or Whole Milk	21
22	23 Breakfast 4 Lunch Egg&cheese Omllette English Muffin (WGR) Mixed Veggie Pear 1% or Whole Milk	24 BBq Meatballs Chicken/Beef Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	25 Turkey Sub Turkey Bologna Wheat Roll (WGR) Green Beans Fresh Apple 1% or Whole Milk	26 Sloppy Joe Ground Beef/Turkey Blend Hamburger Bun (WGR) Carrots Fresh Orange Slices 1% or Whole Milk	27 Southwest Chicken& Rice Red Beans/Cheddar Mixed Veggie Fresh Banana 1% or Whole Milk	28
29	30 Salisbury Steak Beef Wheat Bread (WGR) Green Beans Pears 1% or Whole Milk	31 Taco Tuesday Ground Chicken& Beef/Cheddar 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.