

YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

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

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.