

# YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Lazy Lasagna</b> Beef/LF Mozz/Ricotta Wheat Elbow(WGR) Peas Fresh Orange Slices 1% or Whole Milk	2
3	4 <b>Breakfast 4 Lunch</b> Egg&Cheese Omelette English Muffins WGR) Mixed Veggies Pineapple 1% or Whole Milk	5 <b>Chicken Enchillada</b> Chicken/ Cheddar Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	6 <b>Meatball Bomber</b> Chicken/Beef Wheat Roll (WGR) Green Beans Pear 1% or Whole Milk	7 <b>Sloppy Joe</b> Beef/Turkey Wheat Roll (WGR) Carrot Fresh Orange Slices 1% or Whole Milk	8 <b>Mac &amp; Cheese</b> LF Mozz/Cheddar Wheat Rotini(WGR) Peas Fresh Banana 1% or Whole Milk	9
10	11 <b>Turkey Dogs</b> Turkey Wheat Roll (WGR) Green Beans Peaches 1% or Whole Milk	12 <b>Taco Tuesday</b> Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	13 <b>BBQ Burgers</b> Beef Wheat Roll (WGR) Mixed Veggie Fresh Orange Slices 1% or Whole Milk	14 <b>Turkey Bologna Sub</b> Turkey Bologna Wheat Roll (WGR)) Carrots Pineapple 1% or Whole Milk	15 <b>Chicken Noodles</b> Chicken/Gravy Whole Grain Elbow(WGR) Peas Fresh Banana 1% or Whole Milk	16
17	18 <b>Chicken Nuggets</b> Chicken Wheat Bread WGR) Mixed Veggies Pineapple 1% or Whole Milk	19 <b>Meatball Bomber</b> Chicken/ Beef Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	20 <b>Turkey Sub</b> Turkey Wheat Roll(WGR) Carrots Fresh Apple 1% or Whole Milk	21 <b>BBQ Chicken Wrap</b> Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Banana 1% or Whole Milk	22 <b>Mac &amp; Cheese</b> LF Mozz/Cheddar Wheat Elbow (WGR) Peas&Carrots Fresh Orange Slices 1% or Whole Milk	23
24/31	25 <b>Salisbury Steak</b> Beef & Gravy Wheat Bread WGR) Green Beans Pears 1% or Whole Milk	26 <b>Taco Tuesday</b> Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	27 <b>Chicken Patty</b> Chicken Wheat Roll WGR) Carrots Pineapple 1% or Whole Milk	28 <b>Southwest Rice</b> Chicken/Kidney Beans /Ched Brown Rice (WGR) Mixed Veggies Fresh Banana 1% or Whole Milk	29 <b>Pizza Pasta</b> LF Mozz/Red Sauce Wheat Elbow(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.