

YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

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