

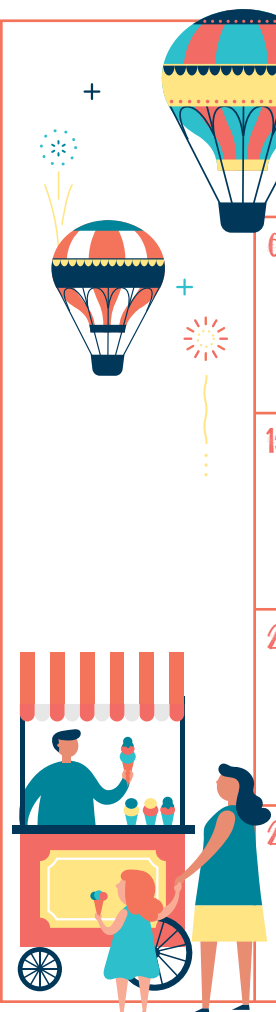
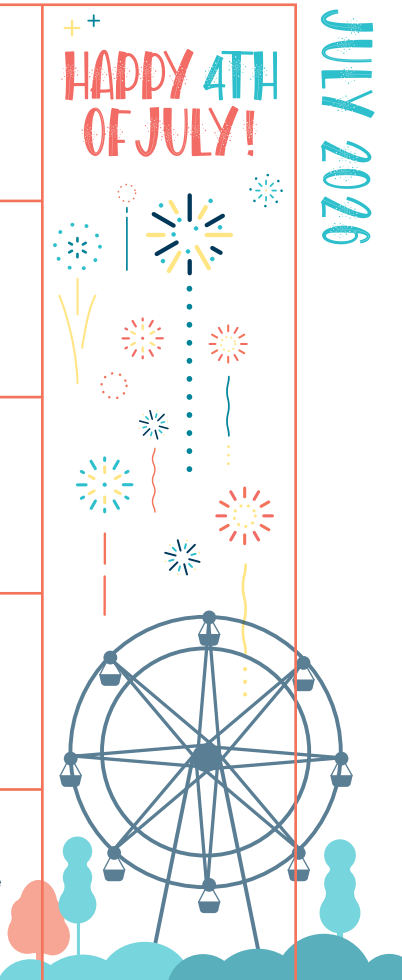
YOUR VEGETARIAN MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 VEGGIE BURGER Wheat Bun (WGR) Carrots Fresh Orange Slices 1% or Whole Milk	2 VEGGIE NUGGETS Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	3 MAC & CHEESE Cheddar Cheese Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	 HAPPY 4TH OF JULY!
	6 BREAKFAST FOR LUNCH Cheddar Omelet English Muffin (WGR) Mixed Veggies Peaches 1% or Whole Milk	7 BLACK BEAN ENCHILADA Cheddar Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	8 CHEESE BOMBER Cheddar Cheese Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	9 BBQ VEGGIE BURGER Hamburger Bun (WGR) Fresh Salad Fresh Orange Slices 1% or Whole Milk	10 MAC & CHEESE Cheddar Cheese Wheat Rotini (WGR) Mixed Veggies Fresh Banana 1% or Whole Milk	
	13 VEGGIE NUGGETS Wheat Bread (WGR) Green Beans Pineapple 1% or Whole Milk	14 BLACK BEAN TACO Cheddar Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	15 VEGGIE BURGER Wheat Roll (WGR) Carrots Fresh Orange Slices 1% or Whole Milk	16 VEGGIE NUGGETS Wheat Roll (WGR) Mixed Veggies Peaches 1% or Whole Milk	17 CHEESY PASTA Cheddar Cheese Wheat Rotini (WGR) Peas Fresh Banana 1% or Whole Milk	
	20 VEGGIE NUGGETS Wheat Bread (WGR) Green Beans Pineapple 1% or Whole Milk	21 BBQ BEANS Wheat Shell (WGR) Corn Fresh Apple 1% or Whole Milk	22 SUNBUTTER BOMBER Sunbutter Wheat Roll (WGR) Peas Fresh Orange 1% or Whole Milk	23 VEGGIE NUGGETS Wheat Roll (WGR) Carrots Pears 1% or Whole Milk	24 SOUTHWEST RICE Cheddar Cheese Brown Rice (WGR) Corn Fresh Banana 1% or Whole Milk	
	27 VEGGIE BURGER Wheat Bun (WGR) Green Beans Peaches 1% or Whole Milk	28 BLACK BEAN TACO Cheddar Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	29 CHEESE BOMBER Cheddar Cheese Wheat Roll (WGR) Fresh Salad Pineapple 1% or Whole Milk	30 VEGGIE NUGGETS Wheat Roll (WGR) Carrots Pears 1% or Whole Milk	31 MAC & CHEESE Mozz/Cheddar Cheese Wheat Elbow (WGR) Peas Fresh Banana 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 (3/4 cup 1% Milk) Snack (1/2 cup 1% Milk) 6-Adult (1 cup 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 separately 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.