

YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5 BREAKFAST FOR LUNCH Egg & Cheese Omelette English Muffin (WGR) Carrots Peaches 1% or Whole Milk	6 CHICKEN SALAD WRAP Chicken/Cheddar Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	7 TURKEY DOGS Turkey Wheat Roll (WGR) Green Beans Pears 1% or Whole Milk	8 BBQ BURGER Beef Hamburger Bun (WGR) Fresh Salad Fresh Orange Slices 1% or Whole Milk	9 TACO MAC & CHEESE Beef/Cheddar Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	
	12 CHICKEN PATTY Chicken Wheat Bun (WGR) Green Beans Pineapple 1% or Whole Milk	13 TACO TUESDAY Ground Chicken & Beef/Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	14 SLOPPY JOE Ground Beef Wheat Roll (WGR) Carrots Fresh Orange Slices 1% or Whole Milk	15 TURKEY BOLOGNA Turkey Bologna Wheat Roll (WGR) Mixed Veggies Peaches 1% or Whole Milk	16 MAC & CHEESE Mozz/Cheddar Cheese Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	
	19 SALISBURY STEAK Beef & Gravy Wheat Bread (WGR) Mixed Veggies Pineapple 1% or Whole Milk	20 BBQ CHICKEN WRAP Chicken Wheat Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	21 MEATBALL BOMBER Chicken/Beef Wheat Roll (WGR) Peas Fresh Orange 1% or Whole Milk	22 TURKEY SUB Turkey Wheat Roll (WGR) Carrots Fresh Orange 1% or Whole Milk	23 SOUTHWEST RICE Beans/Chicken Brown Rice (WGR) Corn Fresh Banana 1% or Whole Milk	
	26 CHICKEN NUGGETS Chicken Wheat Bread (WGR) Green Beans Pear 1% or Whole Milk	27 TACO TUESDAY Ground Chicken & Beef/Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	28 SLOPPY JOE Ground Beef Wheat Bun (WGR) Carrots Pineapple 1% or Whole Milk	29 TURKEY DOGS Turkey Wheat Bun (WGR) Mixed Veggies Fresh Orange 1% or Whole Milk	30 GOULASH Ground Beef/Mozz 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.

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