

YOUR LUNCH MENU

PHONE 716.919.1355

EMAIL info@catertotswny.com

WEB catertotswny.com

GREAT NUTRITION IS ONLY THE BEGINNING

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TURKEY SUB Turkey Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	2 PIZZA PASTA Turkey Pepp/Mozz/Red Sauce Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	
	5 BREAKFAST FOR LUNCH Egg & Cheese Omelet English Muffin (WGR) Mixed Veggies Peaches 1% or Whole Milk	6 CHICKEN ENCHILADA Chicken/Cheddar Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	7 TURKEY DOGS Turkey Wheat Bun (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 NUGGETS Chicken Wheat Bread (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 Tortilla 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 Pears 1% or Whole Milk	23 SOUTHWEST RICE Chicken/Beans Brown Rice (WGR) Corn Fresh Banana 1% or Whole Milk	
	26 CHICKEN PATTY Chicken Wheat Bread (WGR) Green Beans Peaches 1% or Whole Milk	27 TACO TUESDAY Ground Chicken & Beef/Cheese Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	28 TURKEY DOGS Turkey Wheat Bun (WGR) Fresh Salad Orange Slices 1% or Whole Milk	29 TURKEY BOLOGNA Turkey Bologna Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	30 GOULASH Ground Beef/Low Fat Mozz Green Peppers Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	

All lunches follow CACFP (Child and Adult Care Food Program) (WGR) = Whole Grain-Rich

Milk Guide 12-24 months (½ cup Whole Milk) 3-5 Years (¾ cup 1% Milk) Snack (½ cup 1% Milk) 6-Adult (1 cup 1% Milk)

Allergy Notice: Cater Tots does not use peanut or tree nut products in our food or recipes. However, ingredients may be stored or transported where peanuts and tree nuts are present. **We do not serve children with severe allergies of any kind.**

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