

YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BBQ Meatball Chicken/Beef Wheat Roll (WGR) Green Beans Peaches 1% or Whole Milk	2 Tacos Ground Chicken& Beef/Ched Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	3 Turkey Sammy Turkey Wheat Roll(WGR) Mixed Veggies Fresh Orange Slices 1% or Whole Milk	4 Pizza Pasta Mozz/Red Sauce Wheat Elbow(WGR) Peas & Carrots Fresh Banana 1% or Whole Milk	5
6	7 Breakfast 4 Lunch Egg&Cheese Omlette English Muffin(WGR) Carrots Pear 1% or Whole Milk	8 Chicken Salad Wrap Chicken/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	9 Meatball Bomber Chicken/Beef Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	10 BBQ Burger Beef Hamburger Bun (WGR) Fresh Salad Fresh Orange Slices 1% or Whole Milk	11 Lazy Lasagna Beef/LF Mozz/Ricotta Wheat Elbow (WGR) Peas Fresh Banana 1% or Whole Milk	12
13	14 Turkey Dogs Turkey Wheat Roll (WGR) Green Beans Pineapple 1% or Whole Milk	15 Taco Tuesday Ground Chicken& Beef/Ch Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	16 Sloppy Joe Ground Beef Wheat Roll (WGR) Mixed Veggies Fresh Orange Slices 1% or Whole Milk	17 Turkey Bologna Sub Turkey Bologna Wheat Roll (WGR) Carrots Peaches 1% or Whole Milk	18 Mac & Cheese Mozz/Cheddar Cz Wheat Elbow(WGR) Peas Fresh Banana 1% or Whole Milk	19
20	21 Chicken Nuggets Chicken Wheat Bread (WGR) Mixed Veggies Pineapple 1% or Whole Milk	22 Meatball Bomber Chicken/Beef Wheat Roll (WGR) Corn Pear 1% or Whole Milk	23 Turkey Sammy Turkey Wheat Roll(WGR) Carrots Fresh Apple 1% or Whole Milk	24 BBQ Chicken Wrap Chicken Wheat Shell(WGR) Green Beans Fresh Banana 1% or Whole Milk	25 Taco Mac Mozz/Beef/Chicken Wheat Elbow(WGR) Peas & Carrots Fresh Orange Slices 1% or Whole Milk	26
27	28 Salisbury Steak Beef & Gravy Wheat Bread (WGR) Carrots Pears 1% or Whole Milk	29 Taco Tuesday Ground Chicken& Beef/Ch Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	30 Chicken Patty Chicken Wheat Bread (WGR) Green Beans Peaches 1% or Whole Milk	31 Turkey Bologna Turkey Wheat Roll (WGR) Mixed Veggies Fresh Orange Slices 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.