

# YOUR LUNCH MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Lazy Lasagna</b> Beef/LF Mozz/Ricotta Wheat Elbow(WGR) Peas Fresh Orange Slices 1% or Whole Milk	2
3	4 <b>Breakfast 4 Lunch</b> Egg&Cheese Omelette English Muffins WGR) Mixed Veggies Pineapple 1% or Whole Milk	5 <b>Chicken Enchillada</b> Chicken/ Cheddar Wheat Tortilla Shell (WGR) Corn Fresh Apple 1% or Whole Milk	6 <b>Meatball Bomber</b> Chicken/Beef Wheat Roll (WGR) Green Beans Pear 1% or Whole Milk	7 <b>Sloppy Joe</b> Beef/Turkey Wheat Roll (WGR) Carrot Fresh Orange Slices 1% or Whole Milk	8 <b>Mac &amp; Cheese</b> LF Mozz/Cheddar Wheat Rotini(WGR) Peas Fresh Banana 1% or Whole Milk	9
10	11 <b>Turkey Dogs</b> Turkey Wheat Roll (WGR) Green Beans Peaches 1% or Whole Milk	12 <b>Taco Tuesday</b> Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	13 <b>BBQ Burgers</b> Beef Wheat Roll (WGR) Mixed Veggie Fresh Orange Slices 1% or Whole Milk	14 <b>Turkey Bologna Sub</b> Turkey Bologna Wheat Roll (WGR)) Carrots Pineapple 1% or Whole Milk	15 <b>Chicken Noodles</b> Chicken/Gravy Whole Grain Elbow(WGR) Peas Fresh Banana 1% or Whole Milk	16
17	18 <b>Chicken Nuggets</b> Chicken Wheat Bread WGR) Mixed Veggies Pineapple 1% or Whole Milk	19 <b>Meatball Bomber</b> Chicken/ Beef Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	20 <b>Turkey Sub</b> Turkey Wheat Roll(WGR) Carrots Fresh Apple 1% or Whole Milk	21 <b>BBQ Chicken Wrap</b> Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Banana 1% or Whole Milk	22 <b>Mac &amp; Cheese</b> LF Mozz/Cheddar Wheat Elbow (WGR) Peas&Carrots Fresh Orange Slices 1% or Whole Milk	23
24/31	25 <b>Salisbury Steak</b> Beef & Gravy Wheat Bread WGR) Green Beans Pears 1% or Whole Milk	26 <b>Taco Tuesday</b> Ground Chicken& Beef/Cheddar Wheat Tortilla Shell(WGR) Corn Fresh Apple 1% or Whole Milk	27 <b>Chicken Patty</b> Chicken Wheat Roll WGR) Carrots Pineapple 1% or Whole Milk	28 <b>Southwest Rice</b> Chicken/Kidney Beans /Ched Brown Rice (WGR) Mixed Veggies Fresh Banana 1% or Whole Milk	29 <b>Pizza Pasta</b> LF Mozz/Red Sauce Wheat Elbow(WGR) Peas Fresh Orange Slices 1% or Whole Milk	30

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.

# YOUR BREAKFAST MENU

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					1 Rice Krispies 100% Apple Juice 1% or Whole Milk	2
3	4 Cornflakes 100% Orange Juice 1% or Whole Milk	5 WGR Croissant Peaches 1% or Whole Milk	6 Chex Fresh Banana 1% or Whole Milk	7 WGR Waffle Fruit Cocktail 1% or Whole Milk	8 Bran Flakes 100% Apple Juice 1% or Whole Milk	9
10	11 Rice Krispies 100% Orange Juice 1% or Whole Milk	12 Blueberry Muffin Pears 1% or Whole Milk	13 Cornflakes Fruit Cocktail 1% or Whole Milk	14 WGR French Toast Banana 1% or Whole Milk	15 Cheerios 100% Apple Juice 1% or Whole Milk	16
17	18 Bran Flakes 100% Orange Juice 1% or Whole Milk	19 Blueberry Bagel (WGR) Pears 1% or Whole Milk	20 Chex Fresh Banana 1% or Whole Milk	21 WGR Waffle Fruit Cocktail 1% or Whole Milk	22 Rice Krispies 100% Apple Juice 1% or Whole Milk	23
24/31	25 Cheerios 100% Orange Juice 1% or Whole Milk	26 Apple Muffin Fruit Cocktail 1% or Whole Milk	27 Cornflakes Fresh Banana 1% or Whole Milk	28 WGR Pancake Peaches 1% or Whole Milk	29 Bran Flakes 100% Apple Juice 1% or Whole Milk	30

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# YOUR SNACK MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cheese Crackers Fresh Banana Water	2
3	4 Sweet Potato Crackers 1% or Whole Milk Water	5 WGR Cherrios Low Fat Yogurt Water	6 Corn Muffin (WGR) 1% or Whole Milk Water	7 Club Crackers Low Fat Cheese Stick Water	8 Pita Wedges Hummus Water	9
10	11 Pretzels 1% or Whole Milk Water	12 Veggie Crackers Low Fat Cheese Stick Water	13 Breadsticks (WGR) Homemade Red Sauce 1% or Whole Milk Water	14 Animal Crackers (WGR) 100% Apple Juice Water	15 Saltines Sliced Cheddar Cheese Water	16
17	18 Goldfish 1% or Whole Milk Water	19 Sweet Potato Crackers Fresh Banana Water	20 Cheerios (WGR) Low Fat Yogurt Water	21 Wheat Round Low Fat Cheese Stick Water	22 Pretzels Hummus Water	23
24/31	25 Berry Animal Crackers (WGR) 1% or Whole Milk Water	26 Veggie Crackers Low Fat Cheese Stick Water	27 Cheese Crackers 100% Apple Juice Water	28 Breadsticks (WGR) Homemade Red Sauce 1% or Whole Milk Water	29 Saltines Sliced Cheddar Cheese Water	30

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