

# YOUR VEGETARIAN MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Black Bean Taco</b> Seasoned Black Beans Wheat Wrap (WRG) Green Beans Pears 1% or Whole Milk	2 <b>Wow Butter &amp; Jelly</b> Wow Butter Wheat Bread (WRG) Mixed Veggies Peaches 1% or Whole Milk	3 <b>Cheese Sub</b> Cheese Wheat Roll (WGR) Fresh Salad Fresh Banana 1% or Whole Milk	4 <b>3 Cz Pasta</b> Cheddar/Mozz/Parm Cheese Whole Grain Elbow (WGR) Peas Fresh Orange 1% or Whole Milk	5
6	7 <b>Wow Butter &amp; Jelly</b> Wow Butter Wheat Bread (WRG) Mixed Veggies Peaches 1% or Whole Milk	8 <b>Veggie Bomber</b> Veggie Patty Wheat Roll (WGR) Corn Pineapple 1% or Whole Milk	9 <b>Bl Bean Enchilada Wrap</b> Black Beans Wheat Tortilla (WGR) Peas Fresh Apple 1% or Whole Milk	10 <b>Pizza Pasta</b> Mozz/Cheddar Cheese* Whole Grain Elbow (WGR) Wax Beans Fresh Orange 1% or Whole Milk	11 <b>Black Bean Taco</b> Seasoned Black Beans Wheat Tortilla Shell (WGR) Green Beans Fresh Banana 1% or Whole Milk	12
13	14 <b>BBQ Veggie Hamburger</b> Veggie Patty Wheat Roll (WGR) Mixed Veggies Pineapple 1% or Whole Milk	15 <b>Cheddar Salad Slider</b> Cheddar Wheat Roll (WGR) Corn Peaches 1% or Whole Milk	16 <b>Veggie Bomber</b> Veggie Patty Wheat Roll (WRG) Wax Beans Fresh Orange 1% or Whole Milk	17 <b>Chinese Black Beans</b> Black Beans Brown Rice (WRG) Green Beans Fresh Banana 1% or Whole Milk	18 <b>Mac N Cz</b> Cheddar Cheese Whole Grain Elbow (WGR) Peas Pears 1% or Whole Milk	19
20	21 <b>Breakfast 4 Lunch</b> Egg & Cheese Omelette Wheat English Muffin (WGR) Carrots Fresh Apple 1% or Whole Milk	22 <b>Black Bean Taco</b> Seasoned Black Beans/Wheat Tortilla Shell (WGR) Corn Peaches 1% or Whole Milk	23 <b>Cheddar Salad Slider</b> Cheddar Wheat Roll (WGR) Mixed Veggies Pears 1% or Whole Milk	24 <b>Veggie Hamburger</b> Veggie Patty Wheat Roll (WRG) Fresh Salad Fresh Banana 1% or Whole Milk	25 <b>Mac N Cz</b> Cheddar Cheese Whole Grain Elbow (WGR) Pears/Carrots Applesauce 1% or Whole Milk	26
27	28 <b>Veggie Bomber</b> Veggie Patty Wheat Roll (WGR) Mixed Veggies Pineapple 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.