

EGG/DAIRY FREE MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Taco Tuesday Ground Chicken/Beef Wheat Tortilla Shell (WGR) Corn Pears 1% or Whole Milk	2 Turkey Bologna Sub Turkey Bologna Wheat Roll (WGR) Mixed Vegg Banana 1% or Whole Milk	3 BBQ Chicken Roll-Up Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	4 Chicken Noodle Chicken/butter Wheat Rotini(WGR) Peas & Carrots Fresh Orange Slices 1% or Whole Milk	5
6	7 BBQ Beef Bomber Beef Wheat Roll (WGR) Mixed Vegg Pineapple 1% or Whole Milk	8 Chicken Enchillada Chicken/salsa Wheat Tortilla Shell (WGR) Corn Peaches 1% or Whole Milk	9 BBQ Hamburger Beef Wheat Roll (WGR) Green Beans Pears 1% or Whole Milk	10 Turkey Sandwich Turkey Wheat Roll (WGR) Mashed Potatoes Fresh Banana 1% or Whole Milk	11 Chicken Pasta Chicken/Red Sauce Wheat Elbow (WGR) Peas Orange Slices 1% or Whole Milk <small>*Topped with Turkey Pepperoni</small>	12
13	14 BBQ Burger Beef Wheat Bread (WGR) Carrots Peaches 1% or Whole Milk	15 Taco Tuesday Ground Beef Wheat Tortilla Shell (WGR) Corn Pineapple 1% or Whole Milk	16 Turkey Bologna Sub Turkey Bologna Wheat Roll (WGR) Green Beans Banana 1% or Whole Milk	17 Southwest Chicken & Rice Red Beans Mixed Veggies Fresh Apple 1% or Whole Milk	18 Chicken Parm Chicken Wheat Rotini (WRG) Peas&carrots Fresh Orange Slices 1% or Whole Milk	19
20	21 Chicken Nuggets Chicken English Muffin (WGR) Mixed Veggies Pineapple 1% or Whole Milk	22 Turkey Dogs Turkey Wheat Roll (WGR) Carrots Peaches 1% or Whole Milk	23 BBQ Chicken Wrap Chicken Wheat Tortilla Shell (WGR) Green Beans Fresh Apple 1% or Whole Milk	24 Italian Chicken Chicken/RedSauce Wheat Elbow (WGR) Peas Fresh Orange Slices 1% or Whole Milk	25 Sloppy Joe Ground Beef/Turkey Blend Hamburger Bun (WGR) Corn Banana 1% or Whole Milk	26
27	28 BBQ Beef Beef Wheat Bread (WGR) Carrots Peaches 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.