

Lunch Schedule

OCTOBER 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|---|----------|
| | 1 BBO Hamburger Hamburger Wheat Roll (WGR) Baked Beans Pineapple 1% or Whole Milk | 2 Chicken Ranch Sliders Chicken Whole Grain Roll (WGR) Green Beans Fresh Apple 1% or Whole Milk | 3 Cheeseburger Mac N Cheese Cheddar Cheese/Beef Wheat Elbow (WGR) Corn Fresh Watermelon 1% or Whole Milk | 4 Wild Rice Chicken Chicken Wild Rice/Brown Rice (WGR) Mixed Veggies Applesauce 1% or Whole Milk | 5 Tuna Salad Tuna Elbow Noodles (WGR) Fresh Garden Salad Fresh Banana 1% or Whole Milk | 6 |
| 7 | 8 BBO Chicken Wrap Chicken Wheat Tortilla (WGR) Corn Sliced Apples 1% or Whole Milk | 9 Sloppy Joe Ground Beef/Turkey Blend Hamburger Bun (WGR) Carrots Pineapple 1% or Whole Milk | 10 Italian Chicken Pasta Chicken/Mozz/Ched Cz Rotini (WGR) Green Beans Fresh Banana 1% or Whole Milk | 11 Beef Taco Ground Beef/Turkey Blend Wheat Tortilla Shell (WGR) Mixed Veggies Fresh Orange Slices 1% or Whole Milk | 12 Grilled Cheese Cheddar Cheese Wheat Bread (WGR) Cucumber Salad Fresh Cantaloupe 1% or Whole Milk | 13 |
| 14 | 15 Salisbury Steak Beef Wheat Bread (WGR) Corn Fresh Apple 1% or Whole Milk | 16 Turkey Sliders Turkey Whole Grain Roll (WGR) Tater Tots Fresh Banana 1% or Whole Milk | 17 Chicken & Noodles Chicken Wheat Rotini (WGR) Carrots Applesauce 1% or Whole Milk | 18 Taco Mac N Cheese Cheddar Cz/Beef/Turkey Wheat Elbow (WGR) Green Beans Fresh Watermelon 1% or Whole Milk | 19 Chicken Cheddar Rollup Chicken/Cheddar Cheese Wheat Tortilla (WGR) Green Beans Pineapple 1% or Whole Milk | 20 |
| 21 | 22 Chicken Nuggets Chicken Wheat Bread (WGR) Mixed Veggies Apple Slices 1% or Whole Milk | 23 Pizza Pasta* Mozz/Cheddar Cz Wheat Elbow (WGR) Corn Fresh Orange Slices 1% or Whole Milk <small>*Topped with Turkey Pepperoni</small> | 24 Turkey Sliders Turkey Whole Grain Roll (WGR) Fresh Garden Salad Fresh Banana 1% or Whole Milk | 25 Cheddar Ranch Chick Pasta Chicken Wheat Rotini (WGR) Carrots Fresh Apple 1% or Whole Milk | 26 Grilled Cheese Cheddar Cheese Wheat Bread (WGR) Cucumber Salad Fresh Cantaloupe 1% or Whole Milk | 27 |
| 28 | 29 Meatball Bombers Chicken/Beef Wheat Roll (WGR) Vegetable Blend Sliced Apple 1% or Whole Milk | 30 Chicken Ranch Sliders Chicken Whole Grain Roll (WGR) Carrots Pineapple 1% or Whole Milk | 31 Beef Taco Ground Beef/Turkey Blend Wheat Tortilla Shell (WGR) Corn Fresh Orange Slices 1% or Whole Milk | | | |

All lunches follow cacfp (child and adult care food program)

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)
(WGR) = Whole Grain-Rich Foods



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