

# YOUR LUNCH MENU

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| Sunday | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|--|--|---|---|--|----------|
|        | 1<br><b>BBQ Chicken Wrap</b><br>Chicken<br>Wheat Tortilla (WGR)<br>Mixed Veggie<br>Pineapple<br>1% or Whole Milk         | 2<br><b>Mac n Cz</b><br>Cheddar Cheese<br>Wheat Elbow (WGR)<br>Green Beans<br>Applesauce<br>1% or Whole Milk                   | 3<br><b>Chicken Salad</b><br>Chicken<br>Elbow Noodles (WGR)<br>Fresh Garden Salad<br>Fresh Banana<br>1% or Whole Milk   | 4<br><b>Happy 4th of July!</b>  | 5<br><b>Turkey Sliders</b><br>Turkey<br>Whole Grain Roll (WGR)<br>Green Beans<br>Fresh Apple<br>1% or Whole Milk                                   | 6        |
| 7      | 8<br><b>Salisbury Steak</b><br>Beef<br>Wheat Dinner Roll (WGR)<br>Mixed Veggies<br>Peaches<br>1% or Whole Milk           | 9<br><b>Beef Taco</b><br>Ground Beef/Turkey Blend<br>Wheat Tortilla Shell (WGR)<br>Corn<br>Pineapple<br>1% or Whole Milk       | 10<br><b>Pizza Pasta</b><br>Mozz/Cheddar Cz<br>Wheat Elbow (WGR)<br>Green Beans<br>Applesauce<br>1% or Whole Milk<br><small>*Topped with Turkey Peppercorn!</small> | 11<br><b>Chicken w Rice</b><br>Chicken<br>Brown Rice (WGR)<br>Fresh Garden Salad<br>Fresh Banana<br>1% or Whole Milk      | 12<br><b>Chicken Cheddar Rollup</b><br>Chicken/Cheddar Cheese<br>Wheat Tortilla (WGR)<br>Peas & Carrots<br>Fresh Orange Slices<br>1% or Whole Milk | 13       |
| 14     | 15<br><b>Cheddar Chicken Bisque</b><br>Cheddar Cheese/Chicken<br>Wheat Roll (WGR)<br>Corn<br>Peaches<br>1% or Whole Milk | 16<br><b>Turkey Sub</b><br>Turkey<br>Wheat Roll (WGR)<br>Carrots<br>Mandarin Oranges<br>1% or Whole Milk                       | 17<br><b>Cheseburger Mac n Cz</b><br>Cheddar Cheese/Turkey<br>Wheat Rollin (WGR)<br>Corn<br>Watermelon<br>1% or Whole Milk  | 18<br><b>Chinese Chicken</b><br>Chicken<br>Wild/Brown Rice Blend (WGR)<br>Peas<br>Fresh Banana<br>1% or Whole Milk        | 19<br><b>Grilled Cz</b><br>Cheddar Cheese<br>Wheat Bread (WGR)<br>Fresh Cucumber Salad<br>Applesauce<br>1% or Whole Milk                           | 20       |
| 21     | 22<br><b>BBQ Chicken Wrap</b><br>Chicken<br>Wheat Tortilla (WGR)<br>Corn<br>Fresh Apple<br>1% or Whole Milk              | 23<br><b>Turkey Ranch Rollup</b><br>Turkey<br>Wheat Tortilla (WGR)<br>Vegetable Blend<br>Peaches<br>1% or Whole Milk           | 24<br><b>Beef Taco</b><br>Ground Beef/Turkey Blend<br>Wheat Tortilla Shell (WGR)<br>Corn<br>Fresh Orange Slices<br>1% or Whole Milk                                 | 25<br><b>Chicken Sliders</b><br>Chicken<br>Wheat Roll (WGR)<br>Fresh Garden Salad<br>Fresh Watermelon<br>1% or Whole Milk | 26<br><b>Tuna Salad</b><br>Tuna<br>Wheat Pasta (WGR)<br>Carrots<br>Applesauce<br>1% or Whole Milk  | 27       |
| 28     | 29<br><b>BBQ Hamburger</b><br>Hamburger<br>Wheat Roll (WGR)<br>Carrots<br>Peaches<br>1% or Whole Milk                    | 30<br><b>Sloppy Joe</b><br>Ground Beef/Turkey Blend<br>Hamburger Bun (WGR)<br>Mixed Veggies<br>Fresh Apple<br>1% or Whole Milk | 31<br><b>Turkey Sliders</b><br>Turkey<br>Whole Grain Roll (WGR)<br>Green Beans<br>Pears<br>1% or Whole Milk   |   |  |          |

GREAT NUTRITION IS ONLY THE BEGINNING

JULY 2019



RIVAS CATERING PRESENTS  
**CATER TOTS**

All lunches follow caccip (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 water/sewage/  
 livery trucks have peanut/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.** Rivas Catering Presents Cater Tots is a Cater Tots Inc., RCT Catering Inc., Rivas Catering Inc. Company.