

ST. THOMAS AQUINAS

APRIL 2013

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>APRIL 1</u>	<u>APRIL 2</u>	<u>APRIL 3</u>	<u>APRIL 4</u>	<u>APRIL 5</u>
EASTER BREAK !!!	EASTER BREAK !!!	EASTER BREAK !!!	EASTER BREAK !!!	EASTER BREAK !!!
<u>APRIL 8</u> FRESH CHICKEN ALFREDO, 3/4C WARM GARLIC BREAD, 1SL CARROT COINS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH ORANGE WEDGES, 2EA	<u>APRIL 9</u> SOUTH OF THE BORDER TACO'S TACO MEAT, 1/2C CRISPY TACO SHELLS, 2EA SHRED CHEDDAR, 1OZ SALSA, SOUR CREAM SHRED LETTUCE, 1/2C STEAMED GREEN BEANS, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	<u>APRIL 10</u> SALISBURY STEAK W/ LOW SODIUM GRAVY , 1 EA BAKED POTATO, 1EA WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	<u>APRIL 11</u> WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE ,3/4 C ITALIAN BREAD, 1SL TOSSED SALAD FRESH BANANA, 1EA SWEET YELLOW CORN, 1/2C CHILLED DICED PEARS, 3/8C	<u>APRIL 12</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
<u>APRIL 15</u> OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<u>APRIL 16</u> MACARONI & CHEESE W/ WHOLE GRAINS , 3/4 C WHEAT DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<u>APRIL 17</u> ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2C CHILLED DICED PEACHES, 3/8C	<u>APRIL 18</u> NACHO MEAT, 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2C PINEAPPLE TIDBITS, 3/8C	<u>APRIL 19</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
<u>APRIL 22</u> TERIYAKI CHICKEN STRIPS ,5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH ORANGE WEDGES, 2EA	<u>APRIL 23</u> LEAN BEEF CHEESEBURGER ,1EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C MIXED FRUIT, 3/8C	<u>APRIL 24</u> CHICKEN FAJITAS ,1/2 C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE) TOSSED SALAD,1/2C CHILLED APPLESAUCE, 3/8C	<u>APRIL 25</u> TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP OVEN ROASTED POTATOES, 1/2 C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	<u>APRIL 26</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
<u>APRIL 29</u> MACARONI & CHEESE W/ WHOLE GRAINS , 3/4 C WHEAT DINNER ROLL, 1 EA FRESH SAUTEED GREEN BEANS, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1EA	<u>APRIL 30</u> **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP BAKED HARVEST SUN CHIPS, 1 EA FRESH BABY CARROTS W/ DIP 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED PEACHES IN JUICE, 3/8C			

All alternates discussed on an individual basis as needed.

Specializing in Day Care and School Lunch Programs and Business and Office Luncheons

8 oz milk required with each meal