

ST. THOMAS AQUINAS		AUGUST 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>AUGUST 1</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>AUGUST 4</b> 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	<b>AUGUST 5</b> <b>STOUFFERS</b> 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 MIXED FRUIT IN JUICE, 3/8 C	<b>AUGUST 6</b> ITALIAN ALL BEEF MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C	<b>AUGUST 7</b> MEXICAN NACHO FIESTA, 1/2 C ( BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C	<b>AUGUST 8</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>AUGUST 11</b> ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD CHILLED DICED PEACHES IN JUICE, 3/8 C	<b>AUGUST 12</b> LEAN BEEF CHEESEBURGER , 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS IN JUICE, 3/8 C PICKLE COINS, 2 EA	<b>AUGUST 13</b> CHICKEN FAJITAS , 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT IN JUICE, 3/8 C	<b>AUGUST 14</b> TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	<b>AUGUST 15</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>AUGUST 18</b> <b>STOUFFERS</b> MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS IN JUICE, 3/8 C	<b>AUGUST 19</b> **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP BAKED HARVEST SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH CANTALOUPE, 1 SL TOSSED SALAD W/ RANCH, 1/2 C FRESH ORANGE WEDGES, 2 PCS	<b>AUGUST 20</b> WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4 C W/ BEEF CRUMBLES, & STEWED TOMATOES PARMESAN CHEESE, 1/2 OZ WARM GARLIC BREAD, 1 EA STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>AUGUST 21</b> WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	<b>AUGUST 22</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>AUGUST 25</b> SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 11/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR , 1 OZ CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>AUGUST 26</b> WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C	<b>AUGUST 27</b> COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C	<b>AUGUST 28</b> WHOLE GRAIN CHICKEN BITES W/ KETCHUP, 5 EA 100% WHOLE GRAIN BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	<b>AUGUST 29</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	

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