

ST. THOMAS AQUINAS

AUGUST 2019

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>AUGUST 1 ITALIAN 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 ALL NATURAL APPLESAUCE, 1/4 C</p>	<p>AUGUST 2 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>AUGUST 5 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TOSSED SALAD DICED PEACHES IN JUICE, 3/8 C</p>	<p>AUGUST 6 LEAN BEEF CHEESEBURGER , 1 EA W/ NO HFC 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</p>	<p>AUGUST 7 TURKEY CORN DOG NUGGETS, 6 EA W/ NO HFC KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA</p>	<p>AUGUST 8 CHICKEN FAJITAS, NAE, 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 MIXED FRUIT IN JUICE, 3/8 C</p>	<p>AUGUST 9 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>
<p>AUGUST 12 CREAMY MACARONI & CHEESE , 3/4 C WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS IN JUICE, 3/8 C</p>	<p>AUGUST 13 **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</p>	<p>AUGUST 14 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA</p>	<p>AUGUST 15 CHEESEBURGER MEATLOAF, 1/2 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p>AUGUST 16 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>AUGUST 19 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 DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p>AUGUST 20 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT MARINARA, 3/4 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C</p>	<p>AUGUST 21 SALISBURY STEAK W/ 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 DICED PEARS IN JUICE, 3/8 C</p>	<p>AUGUST 22 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 6 EA SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>AUGUST 23 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>
<p>AUGUST 26 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p>AUGUST 27 CREAMY MACARONI & CHEESE , 3/4 C WHEAT DINNER ROLL, 1 EA MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8 C</p>	<p>AUGUST 28 MEXICAN BEEF NACHO FIESTA, 1/2 C 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 DICED PEARS IN JUICE, 3/8 C</p>	<p>AUGUST 29 ITALIAN 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 ALL NATURAL APPLESAUCE, 1/4 C</p>	<p>AUGUST 30 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>

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