

ST. THOMAS AQUINAS		DECEMBER 2009			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>DECEMBER 1</b> PHILLY CHEESE STEAK, 3OZ SUB ROLL, 1EA SHRED LETTUCE PEPPERS & ONIONS TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C	<b>DECEMBER 2</b> LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	<b>DECEMBER 3</b> NACHO MEAT, 2 OZ ( BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C YELLOW CORN, 1/2C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<b>DECEMBER 4</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>DECEMBER 7</b> TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED PINEAPPLE TIDBITS, 3/8C TOSSED SALAD CHILLED DICED PEACHES, 3/8 C	<b>DECEMBER 8</b> ITALIAN TURKEY 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>DECEMBER 9</b> CHICKEN BREAST SANDWICH, 1 EA SLICE CHEESE & CATSUP HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS PICKLE COINS, 2 EA <b>1A/B FIELD TRIP</b>	<b>DECEMBER 10</b> TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	<b>DECEMBER 11</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>DECEMBER 14</b> BEEF HOT DOG ON BUN, 2EA CHILI, CHEESE, CATSUP POTATO CHIPS, 1/2C GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA	<b>DECEMBER 15</b> HAWAIIAN TURKEY MEATBALLS, 5 EA BRN WHL GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<b>DECEMBER 16</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>DECEMBER 17</b> SPAGHETTI W/ MEATSUACE, 3/4 C ITALIAN BREAD, 1 SL HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA <b>3A/B FIELD TRIP</b>	<b>DECEMBER 18</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>DECEMBER 21</b> SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 1/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR , 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>DECEMBER 22</b>  WINTER  HOLIDAY !!	<b>DECEMBER 23</b>  WINTER  HOLIDAY !!	<b>DECEMBER 24</b>  WINTER  HOLIDAY !!	<b>DECEMBER 25</b>  WINTER  HOLIDAY !!	
<b>DECEMBER 28</b>  WINTER  HOLIDAY !!	<b>DECEMBER 29</b>  WINTER  HOLIDAY !!	<b>DECEMBER 30</b>  WINTER  HOLIDAY !!	<b>DECEMBER 31</b>  WINTER  HOLIDAY !!		

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

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