

ST. THOMAS AQUINAS		DECEMBER 2011			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<b>DECEMBER 1</b> NACHO MEAT, 2 OZ ( 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, 3/8 C	<b>DECEMBER 2</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>DECEMBER 5</b> 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 CHILLED DICED PEACHES, 3/8 C	<b>DECEMBER 6</b> LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	<b>DECEMBER 7</b> <b>BBQ CHICKEN WINGS, 4EA</b> MASHED POTATOES, 1/2C 5-WAY MIXED VEGGIE, 1/2 C WHEAT DINNER ROLL, 1EA FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	<b>DECEMBER 8</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>DECEMBER 9</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>DECEMBER 12</b> CREAMY MACARONI & CHEESE, 3/4C SWEET TENDER PEAS, 1/2C WHOLE WHEAT DINNER ROLL, 1EA CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<b>DECEMBER 13</b> OVEN FRIED DRUMSTICKS, 2EA OVEN BROWN POTATOES, 1/2C BAKED BEANS, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	<b>DECEMBER 14</b> WHL WHT PENNE PASTA BOLOGNESE SAUCE W/BEEF CRUMBLES & TEWED TOMATOES, 3/4C GRATED PAREMSAN CHEESE, 1/2OZ STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>DECEMBER 15</b> BAKED CHICKEN PARMESAN W/ CHIC BREAST DICED, MARINARA, MOZZ & PARM CHEESE, 3/4C ITALIAN BREAD, 1 EA HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	<b>DECEMBER 16</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>DECEMBER 19</b> <b>**SOUTH OF THE BORDER**</b> SOFT BEEF TACOS, 2OZ SOFT WARM TORTILLAS, 2EA LO-FAT SHRED CHEDDAR, 1OZ SOUR CREAM/SALSA MEXICAN RICE, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8C	<b>DECEMBER 20</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W KETCHUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL FRESH BANANA, 1 EA TOSSED SALAD, 1/2C FRESH ORANGE WEDGES, 2 PCS <b>FIELD TRIP 4A/B</b>	<b>DECEMBER 21</b>  <b>NOON</b>  <b>DISMISSAL</b>	<b>DECEMBER 22</b>  <b>WINTER</b>  <b>BREAK !!!</b>	<b>DECEMBER 23</b>  <b>WINTER</b>  <b>BREAK !!!</b>	
<b>DECEMBER 26</b>  <b>WINTER</b>  <b>BREAK !!!</b>	<b>DECEMBER 27</b>  <b>WINTER</b>  <b>BREAK !!!</b>	<b>DECEMBER 28</b>  <b>WINTER</b>  <b>BREAK !!!</b>	<b>DECEMBER 29</b>  <b>WINTER</b>  <b>BREAK !!!</b>	<b>DECEMBER 30</b>  <b>WINTER</b>  <b>BREAK !!!</b>	

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

