ST. THOMAS AQUINAS | **DECEMBER 2012** | **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 3 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	**DECEMBER 4** LEAN BEEF CHEESEBURGER , 1 EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD SEEDLESS GRAPES, 3/8C	**DECEMBER 5** CHIC STRIPS W/ FAJITA SEASONING, 1/2 C LO-FAT SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	**DECEMBER 6** TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP, MUSTARD BAKED BEANS, 1/4C OVEN BROWNED POTATOES WEDGES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA ***3A/B FIELD TRIP***	**DECEMBER 7** PIZZA DAY TOSSED SALAD HOME BAKED OATMEAL RAISIN COOKIE, 2 EA
DECEMBER 10 MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FREH APPLE, 1EA	**DECEMBER 11** **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & CHEESE & KETCHUP FRESH BABY CARROTS W/ DIP, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C MIXED FRUIT, 3/8C	**DECEMBER 12** STEAK & CHEESE SUB, 3OZ, 1EA GRILLED ONIONS & PEPPERS, 1OZ KETCHUP ROSEMARY POTATOES, 1/2C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA ***STEM FIELD TRIP***	**DECEMBER 13** BAKED CHICKEN PARMESAN DICED CHICKEN BRST, MARINARA, MOZZ & PARMESAN CHEESES, 3/4C CAESAR SALAD W/ROMAINE, DRESSING & PARMESAN , 1/2C ITALIAN BREAD, 1SL CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	**DECEMBER 14** PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
DECEMBER 17 GENERAL TSO CHICKEN, 4EA JASMINE RICE, 1/2C HOT MIXED VEGETABLE, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	**DECEMBER 18** BBQ CHICKEN DRUMSTICKS, 2EA VEG BAKED BEANS, 1/2C OVEN BROWNED POTATOES, 1/2 C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C SEEDLESS GRAPES, 3/8C	**DECEMBER 19** SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA RED SKIN MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	**DECEMBER 20** WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA 3-WAY HOT VEGETABLE, 1/2C DICED PEACHES IN JUICE, 3/8C	**DECEMBER 21** **NOON** **DISMISSAL**
DECEMBER 24 **CHRISTMAS** **BREAK !!**	**DECEMBER 25** **MERRY** **CHRISTMAS !!**	**DECEMBER 26** **CHRISTMAS** **BREAK !!**	**DECEMBER 27** **CHRISTMAS** **BREAK !!**	**DECEMBER 28** **CHRISTMAS** **BREAK !!**
DECEMBER 31 **CHRISTMAS** **BREAK !!**				

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