

ST. THOMAS AQUINAS		DECEMBER 2013			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DECEMBER 2 GENERAL TSO CHICKEN , 4EA JASMINE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	DECEMBER 3 LEAN BEEF CHEESEBURGER 3OZ , 1 EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT, 3/8C	DECEMBER 4 CHICKEN FAJITAS , 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C FRESH FRUIT SALAD, 3/8 C	DECEMBER 5 TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP OVEN ROASTED POTATOES, 1/2 C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD W/ RANCH, 1/2 C DICED PEARS IN JUICE, 3/8C	DECEMBER 6 NOON DISMISSAL !!	
DECEMBER 9 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA FRESH SAUTEED GREEN BEANS, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2PC	DECEMBER 10 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP BAKED SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C DICED PEACHES, 3/8C	DECEMBER 11 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 3-WAY HOT VEGGIE, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	DECEMBER 12 WHOLE GRAIN CHICKEN BITES , 5EA KETCHUP WHEAT DINNER ROLL, 1 EA SOUTHERN FRIED POTATOES W/ONION, 1/2C CHILLED DICED MIXED FRUIT, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	DECEMBER 13 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
DECEMBER 16 ALL BEEF MEATBALL STEW , 3/4C W/ CARROTS & POTATOES STEAMED GREEN BEANS, 1/2C 100% WHOLE GRAIN BREAD, 1SL CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2C FRESH APPLE, 1 EA <u>8A/B CLASS PARTY</u>	DECEMBER 17 SOUTH OF THE BORDER BEEF TACO MEAT , 1/2C SOFT WARM TORTILLA, 2EA SHRED CHEDDAR, 1OZ SALSA, SOUR CREAM SHRED LETTUCE, 1/2C BABY CARROTS, 1/2C RANCH DIP SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/	DECEMBER 18 BEEF STEAK & CHEESE , 3OZ SUB ROLL, 1EA SHRED CHED CHEESE KETCHUP BAKED LAY'S, 1EA GRILLED PEPPERS & ONIONS, 1OZ SCANDANAVIAN BLEND VEG, 1/2C PINEAPPLE TIDBITS, 1/2C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	DECEMBER 19 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MARINARA SAUCE, 3/4 C WARM GARLIC BREAD, 1SL SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	DECEMBER 20 EARLY DISMISSAL	
DECEMBER 23 WINTER HOLIDAY !!	DECEMBER 24 WINTER HOLIDAY !!	DECEMBER 25 WINTER HOLIDAY !!	DECEMBER 26 WINTER HOLIDAY !!	DECEMBER 27 WINTER HOLIDAY !!	
DECEMBER 30 WINTER HOLIDAY !!	DECEMBER 31 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
