

**ST. THOMAS AQUINAS** **DECEMBER 2018** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DECEMBER 3</b> <b>BEEF SLIDERS ON BUNS, 2EA</b> NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	<b>DECEMBER 4</b> <b>**NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL, 2 EA</b> CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	<b>DECEMBER 5</b> <b>WHL GRAIN WG BREADED CHICKEN NUGGETS, 5EA</b> W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	<b>DECEMBER 6</b> <b>*BREAKFAST FOR LUNCH*</b> WG BUTTERMILK PANCAKES, 2EA SYRUP (NO HFC) VANILLA YOGURT, 1/2C CHICKEN SAUSAGE PATTY, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<b>DECEMBER 7</b> <b>PIZZA DAY</b> TOSSED SALAD, 1/2 C FRESH BAKED BAKED CHOCOLATE CHIP COOKIE, 2 EA
<b>DECEMBER 10</b> <b>CHICKEN SLIDERS ON ROLLS, 2EA</b> SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 3/8 C TOSSED SALAD, 1/2 C	<b>DECEMBER 11</b> <b>CHICKEN TENDERS, GLUTEN FREE, 4EA</b> NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	<b>DECEMBER 12</b> <b>WHOLE GRAIN CHICKEN BITES, 5EA</b> NO HFC KETCHUP WHEAT DINNER ROLL, 1EA TOSSED SALAD W/ RANCH, 1/2C PINEAPPLE TIDBITS IN JUICE, 3/8 C	<b>DECEMBER 13</b> <b>WHL GRAIN SPAGHETTI PASTA W/BEEF &amp; TURKEY CRUMBLE MEAT MARINARA, 3/4 C</b> W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1SL SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<b>DECEMBER 14</b> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA
<b>DECEMBER 17</b> <b>OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA</b> 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 ORANGE WEDGES, 3EA	<b>DECEMBER 18</b> <b>MACARONI &amp; CHEESE, 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS, 4EA</b> NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	<b>DECEMBER 19</b> <b>MEXICAN NACHO FIESTA, 1/2 C</b> SHRED CHEDDAR, 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	<b>DECEMBER 20</b> <b>ITALIAN BEEF MEATBALL SUB, 5 EA</b> SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	<b>DECEMBER 21</b>  <b>WINTER HOLIDAY !!</b>
<b>DECEMBER 24</b>  <b>WINTER HOLIDAY !!</b>	<b>DECEMBER 25</b>  <b>WINTER HOLIDAY !!</b>	<b>DECEMBER 26</b>  <b>WINTER HOLIDAY !!</b>	<b>DECEMBER 27</b>  <b>WINTER HOLIDAY !!</b>	<b>DECEMBER 28</b>  <b>WINTER HOLIDAY !!</b>
<b>DECEMBER 31</b>  <b>WINTER HOLIDAY !!</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