

**ST. THOMAS AQUINAS** **FEBRUARY 2011** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>FEBRUARY 1</b>                      LEAN BEEF CHEESEBURGER , 1 EA                      W/ CATSUP                      OVEN ROASTED POTATOES, 1/2C                      FRESH ORANGE WEDGES, 2 PCS                      TOSSED SALAD                      PINEAPPLE TIDBITS, 3/8 C                      PICKLE COINS, 2 EA</p>	<p><b>FEBRUARY 2</b>                      **CHICKEN FAJITAS**, 2OZ                      WARM SOFT TORTILLAS, 2EA                      SHRED CHEDDAR, 1OZ                      SOUR CREAM, SALSA                      HOT MIXED VEGETABLE, 1/2 C                      CANTALOUPE, 1 SL                      TOSSED SALAD                      CHILLED DICED PEARS, 3/8C</p>	<p><b>FEBRUARY 3</b>  <b>BRKF FOR LUNCH!!</b>                      TURKEY SAUSAGE LINKS, 2EA                      HASH BRN POTATOES, 1/2C                      SCRAMBLED EGGS, 1/2C                      FRO TOAST STICKS, 3EA                      CHILLED DICED PEACHES, 3/8 C                      TOSSED SALAD                      FRESH BANANA, 1 EA  <b>FIELD TRIP - 3A/B</b></p>	<p><b>FEBRUARY 4</b>                      PIZZA DAY                      TOSSED SALAD                      HOME BAKED SUGAR COOKIE, 2 EA</p>
<p><b>FEBRUARY 7</b>                      HONEY BBQ WINGS, 4EA                      IDAHO BAKED POTATO, 1/2EA W/                      FIXINS                      SWEET TENDER PEAS, 1/2C                      DICED PEARS, 3/8C                      TOSSED SALAD                      W/ RANCH, 1/2C                      FRESH ORANGE WEDGES, 2 PCS</p>	<p><b>FEBRUARY 8</b>                      **NITRITE FREE** BEEF HOT DOG                      ON ROLL, 1 1/2 EA                      CHILI &amp; CHEESE &amp; CATSUP                      CHIPS, 1/2 C                      GREEN BEANS, 1/2C                      CANTALOUPE, 1 SL                      TOSSED SALAD                      MIXED FRUIT, 1/2C</p>	<p><b>FEBRUARY 9</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</p>	<p><b>FEBRUARY 10</b>  <b>*SOUTH OF THE BORDER*</b>                      WARM SOFT BEEF TACOS, 2OZ                      WARM SOFT TORTILLAS, 2EA                      SHRED CHEDDAR, 1OZ                      SOUR CREAM, SALSA                      FRESH BABY CARROTS W/RANCH                      DIP, 1/2 C                      PINEAPPLE TIDBITS, 3/8 C                      TOSSED SALAD, 1/2 C                      BANANA, 1EA</p>	<p><b>FEBRUARY 11</b>                      PIZZA DAY                      TOSSED SALAD, 1/2 C                      HOME BAKED CHOCOLATE CHIP                      COOKIE, 2 EA</p>
<p><b>FEBRUARY 14</b>                      CHICKEN ALFREDO PENNE PASTA W/                      CREAMY ALFREDO SAUCE &amp; DICED                      BREAST OF CHICKEN                      GARLIC BREAD, 1EA                      GREEN BEANS, 1/2C                      CHILLED APPLESAUCE, 3/8C                      TOSSED SALAD, 1/2C                      FRESH APPLE, 1EA  <b>1/B NO LUNCH</b></p>	<p><b>FEBRUARY 15</b>                      4" HORMEL HAM &amp; CHEESE SUB, 1EA                      SHRED LETTUCE &amp; TOMATO ON                      SIDE, 1/2C                      FRESH BABY CARROTS W/ RANCH,                      1/2C                      CHILLED DICED PEARS, 3/8 C                      TOSSED SALAD, 1/2 C                      FRESH ORANGE WEDGES, 2 EA</p>	<p><b>FEBRUARY 16</b>                      SALISBURY STEAK W/ LOW SODIUM                      GRAVY, 1 EA                      SAVORY MASHED POTATOES, 1/2 C                      DINNER ROLL, 1 EA                      PINEAPPLE TIDBITS, 3/8 C                      TOSSED SALAD, 1/2 C                      CANTALOUPE, 1SL</p>	<p><b>FEBRUARY 17</b>                      WHL GRAIN SPAGHETTI PASTA                      W/MEAT MARINARA, 3/4 C                      W/ PARM CHEESE, 1 OZ                      DINNER ROLL, 1 EA                      HOT MIXED VEGETABLE, 1/2 C                      CHILLED DICED PEACHES, 3/8 C                      TOSSED SALAD, 1/2 C                      FRESH BANANA, 1EA</p>	<p><b>FEBRUARY 18</b>                      PIZZA DAY                      TOSSED SALAD, 1/2 C                      HOME BAKED CHOCOLATE CHIP                      COOKIE, 2 EA</p>
<p><b>FEBRUARY 21</b>  <b>PRESIDENT'S DAY</b>  <b>HOLIDAY !!!</b></p>	<p><b>FEBRUARY 22</b>                      MACARONI &amp; CHEESE, 3/4 C                      DINNER ROLL, 1 EA                      MIXED VEGETABLE TRIO W/CREAMY                      RANCH DIP, 1/2 C                      FRESH BANANA, 1 EA                      TOSSED SALAD, 1/2 C                      CHILLED MIXED FRUIT, 3/8 C</p>	<p><b>FEBRUARY 23</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</p>	<p><b>FEBRUARY 24</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                      CANTALOUPE, 1SL                      TOSSED SALAD, 1/2 C                      CHILLED DICED PEARS, 3/8 C</p>	<p><b>FEBRUARY 25</b>                      PIZZA DAY                      TOSSED SALAD, 1/2 C                      HOME BAKED CHOCOLATE CHIP                      COOKIE, 2 EA</p>
<p><b>FEBRUARY 28</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</p>				

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