

ST. THOMAS AQUINAS		FEBRUARY 2012			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>FEBRUARY 1</b> <b>**CHICKEN FAJITAS**</b> , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA, SHRED LETTUCE GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	<b>FEBRUARY 2</b> TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/2C FRESH ORANGE WEDGES, 2 PCS	<b>FEBRUARY 3</b>  <b>YOUTH RALLY</b>  <b>PTO PROVIDES</b>  <b>LUNCH</b>	
<b>FEBRUARY 6</b> CREAMY MACARONI & CHEESE, 3/4C WHEAT DINNER ROLL, 1EA SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<b>FEBRUARY 7</b> <b>**NITRITE FREE**</b> ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & CHEESE & KETCHUP CHIPS, 1/2 C GREEN BEANS, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	<b>FEBRUARY 8</b> WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4C WARM GARLIC BREAD, 1SL STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>FEBRUARY 9</b> CHICKEN BREAST CHUNK BONELESS WING DING, 4EA W/ KETCHUP DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	<b>FEBRUARY 10</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>FEBRUARY 13</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>FEBRUARY 14</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA WHOLE WHEAT BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	<b>FEBRUARY 15</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 CHILLED DICED PEARS, 3/8 C	<b>FEBRUARY 16</b> GRILLED TURKEY SLIDERS ON WHOLE WHEAT ROLL, 2 EA SLICE CHEESE & CATSUP, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 PCS PICKLE COINS, 2 PCS	<b>FEBRUARY 17</b>  <b>NOON DISMISSAL</b>	
<b>FEBRUARY 20</b>  <b>PRESIDENT'S DAY</b>  <b>HOLIDAY !!</b>	<b>FEBRUARY 21</b> CREAMY CHICKEN W/ PARMESAN CORN FLAKE TOPPING, 1/2C 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	<b>FEBRUARY 22</b> WHOLE GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 3/4C PARMESAN CHEESE, 2OZ WARM GARLCI BREAD, 1EA STEAMED GREEN BEANS, 1/2C CHILLED DICED PEACHES, 3/8C TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	<b>FEBRUARY 23</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>FEBRUARY 24</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>FEBRUARY 27</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>FEBRUARY 28</b> LEAN BEEF HAMBURGER OR CHEESE BURGER, 1EA WHOLE WHEAT ROLL, 1EA SLICE CHEESE & KETCHUP, 1 EA PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED MIXED FRUIT, 3/8 C	<b>FEBRUARY 29</b> 4" HORMEL HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2 C 5-WAY MIX VEGGIE, 1/2C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C			

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

