

ST. THOMAS AQUINAS		FEBRUARY 2013			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				FEBRUARY 1	
					YOUTH RALLY
					PTO PROVIDES LUNCH
FEBRUARY 4 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 FRESH ORANGE WEDGES, 4EA	FEBRUARY 5 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL , 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP BAKED HARVEST SUN CHIPS, 1 EA FRESH BABY CARROTS W/ DIP 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED PEACHES IN JUICE, 3/8C	FEBRUARY 6 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 STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD SEEDLESS GRAPES, 3/8C	FEBRUARY 7 BRKF FOR LUNCH!! FRENCH TOAST STICKS W/ SYRUP, 3EA TURKEY SAUSAGE LINKS, 2EA SOUTHERN FRIED POTATOES W/ ONIONS, 1/2C SCRAMBLED EGGS, 1/2C FRESH CANTALOUPE, 1SL	FEBRUARY 8 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
FEBRUARY 11 FRESH CHICKEN ALFREDO , 3/4C WARM GARLIC BREAD, 1SL CARROT COINS, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD FRESH APPLE, 1EA	FEBRUARY 12 WHOLE GRAIN BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP OVEN BROWNED POTATOES, 1/2C WHEAT DINNER ROLL, 1EA SEEDLESS GRAPES, 3/8C TOSS SALAD CHILLED APPLESAUCE, 3/8C	FEBRUARY 13 VEGETARIAN BLACK BEAN CHILI , 3/4C SHRED CHEDDAR CHEESE, 10Z SALTINE CRACKERS SCANDANAVIAN BLEND, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	FEBRUARY 14 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE ,3/4 C ITALIAN BREAD, 1SL TOSSED SALAD FRESH FRUIT SALAD (MELONS & PINEAPPLE) SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8C	FEBRUARY 15 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
FEBRUARY 18 PRESIDENT'S DAY HOLIDAY !!!	FEBRUARY 19 CHICKEN BREAST CHUNKS BONELESS , 4EA W/ KETCHUP WHEAT DINNER ROLL, 1EA FRESH MIXED VEGGIE TRIO W/ RANCH, 1/2C FRESH BANANA, 1EA TOSSED SALAD DICED PEARS IN JUICE, 3/8C	FEBRUARY 20 ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD CHILLED DICED PEACHES, 3/8C	FEBRUARY 21 NACHO MEAT , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C SEEDLESS GRAPES, 3/8C TOSSED SALAD CHILLED APPLESAUCE, 3/8C	FEBRUARY 22 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
FEBRUARY 25 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 FRESH APPLE, 1EA	FEBRUARY 26 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	FEBRUARY 27 CHICKEN FAJITAS ,1/2 C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE) TOSSED SALAD CHILLED APPLESAUCE, 3/8C	FEBRUARY 28 JENNIO TURKEY BURGER ON A WHEAT HAMBURGER ROLL , 1EA W/ KETCHUP OVEN ROASTED POTATOES, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD FRESH BANANA, 1EA		

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