

ST. THOMAS AQUINAS		FEBRUARY 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
FEBRUARY 3 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 APPLE, 1 EA	FEBRUARY 4 **NITRITE FREE** BEEF HOT DOG ON ROLL , 2EA CHILI, SHRED CHEDDAR, KETCHUP BAKED HARVEST SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1 SL TOSSED SALAD, 1/2 C PEACHES IN JUICE, 3/8C <u>STEM FIELD TRIP</u>	FEBRUARY 5 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 MIXED VEGETABLES, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	FEBRUARY 6 WHOLE GRAIN BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA FRESH ORANGE WEDGES, 2EA	FEBRUARY 7 NOON DISMISSAL	
FEBRUARY 10 BBQ BEEF ON WHEAT HAMBURGER ROLL , 1/2 - 1 EA STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	FEBRUARY 11 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, 3/8	FEBRUARY 12 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	FEBRUARY 13 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	FEBRUARY 14 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
FEBRUARY 17 PRESIDENT'S DAY HOLIDAY !!!!	FEBRUARY 18 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8 C	FEBRUARY 19 ITALIAN ALL BEEF MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED ONIONS & PEPPERS FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA DICED PEACHES IN JUICE, 3/8C	FEBRUARY 20 MEXICAN NACHO FIESTA , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR, 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	FEBRUARY 21 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
FEBRUARY 24 GENERAL TSO CHIKCEN, 4 EA JASMINE RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD FRESH APPLES, 1EA	FEBRUARY 25 LEAN BEEF CHEESEBURGER , 1 EA (3OZ) W/ KETCHUP & PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED MIXED FRUIT, 3/8 C	FEBRUARY 26 CHICKEN FAJITAS , 1/2 C LO-FAT SHRED CHEDDAR, 1OZ WM SOFT TORTILLAS, 2 EA SALSA/ SOUR CREAM, 1/2 OZ GRILLED ONIONS & PEPPERS STEAMED GREEN BEANS, 1/2 C FRESH DICED MELONS, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	FEBRUARY 27 TURKEY CORN DOG NUGGETS , .6 EA W/ KETCHUP OVEN ROASTED POTATOES, 1/2C (100%) FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	FEBRUARY 28 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	

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