

ST. THOMAS AQUINAS **FEBRUARY 2020** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 3 CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 4EA	FEBRUARY 4 CHICKEN TENDERS, GLUTEN FREE , 4EA 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, 1/2C	FEBRUARY 5 SALISBURY STEAK W/ GRAVY ,1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	FEBRUARY 6 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	FEBRUARY 7 NOON DISMISSAL
FEBRUARY 10 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 4EA	FEBRUARY 11 MACARONI & CHEESE , 1/2C BONELESS NAE CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 1/2C	FEBRUARY 12 MEXICAN NACHO FIESTA , 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA SWEET YELLOW CORN, 1/2C TOSSED SALAD, 1/2 C PEARS IN JUICE, 1/2C	FEBRUARY 13 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 1/2C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	FEBRUARY 14 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA
FEBRUARY 17 PRESIDENT'S DAY NOON DISMISSAL	FEBRUARY 18 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 1/2C	FEBRUARY 19 TURKEY CORN DOG NUGGETS , 6EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 4EA TOSSED SALAD, 1/2 C MANDARIN ORANGES IN JUICE, 1/2C	FEBRUARY 20 CHICKEN FAJITAS NAE , 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 1/2C	FEBRUARY 21 PIZZA DAY TOSSED SALAD FRESH BAKED DOUBLE CHOCOLATE COOKIE, 2 EA
FEBRUARY 24 BEEF SLIDERS ON BUNS , 2EA NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 1/2C TOSSED SALAD, 1/2 C PEARS IN JUICE, 1/2C	FEBRUARY 25 ALL BEEF HOT DOG ON ROLL ,2 EA CHILI, NACHO CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 1/2C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	FEBRUARY 26 WG SPAGHETTI W/ MARINARA 3/4C SHRED MOZZARELLA CHEESE, 11/2OZ ITALIAN BREAD, 1SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C ALL NATURAL APPLESAUCE, 1/2C	FEBRUARY 27 CHEESEBURGER MEATLOAF , 1EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	FEBRUARY 28 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED OATMEAL RAISIN 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