

ST. THOMAS AQUINAS		JANUARY 2009			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<u>JANUARY 1</u>	<u>JANUARY 2</u>	
			HAPPY NEW YEAR !!!!	HAPPY NEW YEAR !!!!	
<u>JANUARY 5</u> TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEACHES, 3/8 C	<u>JANUARY 6</u> 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	<u>JANUARY 7</u> 4" HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON THE SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	<u>JANUARY 8</u> TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	<u>JANUARY 9</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<u>JANUARY 12</u> SOFT CHICKEN TACOS DICED CHICKEN BREAST IN TACO SEASONING, 1/3C SHRED CHEDDAR, 10A WARM SOFT TORTILLAS, 2EA YELLOW CORN, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	<u>JANUARY 13</u> BEEF HOT DOG ON ROLL, 2EA CHILI, CHEESE AND CATSUP POTATO CHIPS, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<u>JANUARY 14</u> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C TOSSED SALAD W/ RANCH, 1/2C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C APPLE, 1EA	<u>JANUARY 15</u> TURKEY MEATBALLS W/ GRAVY, 5EA BRN WHOLE GRAIN RICE, 1/2 HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	<u>JANUARY 16</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>JANUARY 19</u> MARTIN LUTHER KING HOLIDAY !!!	<u>JANUARY 20</u> ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA GREEN BEANS, 1/2C FRESH ORANGE WEDGES, 2 PCS	<u>JANUARY 21</u> 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	<u>JANUARY 22</u> OVEN FRIED DRUMSTICKS BONE IN, 2 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 MARCH FOR LIFE !	<u>JANUARY 23</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<u>JANUARY 26</u> CHICKEN PATTY SANDWICH, 1 EA W/ AMER CHEESE & HONEY MUSTARD SWEET TENDER PEAS, 1/2 C BREAD STICKS, 1 PKTS CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<u>JANUARY 27</u> MACARONI & CHEESE, 3/4 C DINNER ROLL, 1 EA FRESH BANANA, 1 EA TOSSED SALAD, W/ RANCH DIP, 1/2 C	<u>JANUARY 28</u> YOUTH RALLY!! PTO PROVIDES LUNCH	<u>JANUARY 29</u> NACHO MEAT, 2 OZ (SOY & BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA	<u>JANUARY 30</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	

Portions meet CACFP requirements for 6 to 12 year olds. 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