

ST. THOMAS AQUINAS		JANUARY 2010			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				JANUARY 1	HAPPY NEW YEAR !!
JANUARY 4 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	JANUARY 5 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	JANUARY 6 4" HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	JANUARY 7 TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	JANUARY 8 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
JANUARY 11 CHILI MAC, 3/4 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE SALTINE CRACKERS, 6 EA SWEET YELLOW CORN, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	JANUARY 12 HAWAIIAN TURKEY MEATBALLS, 5 EA BRN WHL GRAIN RICE, 1/2 C 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	JANUARY 13 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	JANUARY 14 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ DINNER ROLL, 1 EA HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	JANUARY 15 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
JANUARY 18 MARTINLUTHER KING HOLIDAY	JANUARY 19 PHILLY CHEESE STEAK, 3OZ SUB ROLL, 1EA SHREDDED LETTUCE PEPPERS & ONIONS TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET YELLOW CORN, 1/2C	JANUARY 20 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	JANUARY 21 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	JANUARY 22 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
JANUARY 25 NO SCHOOL PROFESSIONAL DAY	JANUARY 26 MACARONI & CHEESE, 3/4 C 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	JANUARY 27 LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	JANUARY 28 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	JANUARY 29 YOUTH RALLY SCHOOL PROVIDES LUNCH	

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

