

ST. THOMAS AQUINAS

JANUARY 2013

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 1 NEW YEAR'S DAY !!!	JANUARY 2 HAPPY NEW YEAR !!	JANUARY 3 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH CANTALOUPE, 1SL TOSS SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	JANUARY 4 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
JANUARY 7 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 ORANGE WEDGES, 2EA	JANUARY 8 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP CHIPS, 1/2C SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED PEACHES, 3/8C	JANUARY 9 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, 1/2 C FRESH APPLE, 1 EA	JANUARY 10 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 ORANGE WEDGES, 4EA	JANUARY 11 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
JANUARY 14 FRESH CHICKEN ALFREDO, 3/4C WARM GARLIC BREAD, 1SL CARROT COINS, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C ORANGE WEDGES, 2EA	JANUARY 15 WHOLE GRAIN BREADED CHICKEN NUGGETS, 5EA W/ KETCHUP OVEN BROWNED POTATOES, 1/2C SEEDLESS GRAPES, 3/8C TOSS SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	JANUARY 16 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	JANUARY 17 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8C	JANUARY 18 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
JANUARY 21 MARTIN LUTHER KING HOLIDAY !!	JANUARY 22 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 CHILLED DICED PEARS, 3/8 C	JANUARY 23 ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA CHILLED DICED PEACHES, 3/8C	JANUARY 24 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, 1/2 C CHILLED APPLESAUCE, 3/8C	JANUARY 25 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA <u>MARCH FOR LIFE FIELD TRIP</u>
JANUARY 28 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, 1/2C ORANGE WEDGES, 2EA	JANUARY 29 LEAN BEEF CHEESEBURGER , 1 EA WW HAMBURGER ROLL, 1EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED MIXED FRUIT, 3/8 C	JANUARY 30 FRESH CHICKEN FAJITAS , 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD, 3/8C TOSS SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	JANUARY 31 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH CANTALOUPE, 1SL TOSS SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	

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