

ST. THOMAS AQUINAS		JANUARY 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>JANUARY 1</u> HAPPY NEW YEAR !!!	<u>JANUARY 2</u> WINTER HOLIDAY !!!	<u>JANUARY 3</u> WINTER HOLIDAY !!!	
<u>JANUARY 6</u> 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	<u>JANUARY 7</u> ASIAN SWEET & SOUR CHICKEN, 1/2C WHOLE GRAIN RICE, 1/2C SWEET YELLOW CORN, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	<u>JANUARY 8</u> **BRKFST FOR LUNCH ** FRENCH TOAST STICKS W/ SYRUP, 4EA TURKEY SAUSAGE PATTY, 2EA DANIMALS VANILLA YOGURT, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C SEEDLESS GRAPES, 3/8C	<u>JANUARY 9</u> WHOLE GRAIN BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA FRESH ORANGE WEDGES, 2EA TOSSED SALAD MIIXED FRUIT, 3/8C	<u>JANUARY 10</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>JANUARY 13</u> BBQ BEEF ON WHEAT HAMBURGER ROLL, 1/2C STEAMED GREEN BEANS, 1/2C LAY'S POTATO CHIPS CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2C FRESH APPLE, 1 EA	<u>JANUARY 14</u> NEW ORLEANS STYLE CAJUN CHICKEN, 1/2C IN LIGHT CAJUN SAUCE WHOLE GRAIN BROWN RICE, 1/2C BABY CARROTS W/ DIP, 1/2C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2C SEEDLESS GRAPES, 3/8C	<u>JANUARY 15</u> COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1EA SAVORY MASHED POTATOES, 1/2C WHEAT DINNER ROLL, 1EA PINEAPPLE TIDBITS, 3/8C TOSSED SALAD, 1/2C PINEAPPLE TIDBITS, 3/8C	<u>JANUARY 16</u> NOON DISMISSAL	<u>JANUARY 17</u> PROFESSIONAL DAY NO SCHOOL FOR STUDENTS	
<u>JANUARY 20</u> MARTIN LUTHER KING HOLIDAY !!	<u>JANUARY 21</u> STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4C WHEAT DINNER ROLL, 1EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	<u>JANUARY 22</u> ITALIAN ALL BEEF MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ FRESH SAUTEED GREEN BEANS, 1/2C CANTALOUPE, 1SL TOSSED SALAD, 1/2C DICED PEACHES IN JUICE, 3/8C <u>MARCH FOR LIFE</u>	<u>JANUARY 23</u> MEXICAN NACHO FIESTA ,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 FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	<u>JANUARY 24</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>JANUARY 27</u> ROASTED TERIYAKI CHICKEN STRIPS , 5EA BRN WHL GRAIN RICE, 1/2C FRESH BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	<u>JANUARY 28</u> LEAN BEEF CHEESEBURGER , 1EA (3OZ) W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C MIXED FRUIT, 3/8C	<u>JANUARY 29</u> CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR , 1OZ WM SOFT TORTILLAS, 2EA SALSA/SOUR CREAM, 1/2OZ STEAMED GREEN BEANS, 1/2C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	<u>JANUARY 30</u> ALL BEEF MEATBALLS & GRAVY , 5 EA OVEN ROASTED POTATOES, 1/2 C WHEAT DINNER ROLL, 1EA FRESH ORANGE WEDGES, 2PCS TOSSED SALAD, 1/2C FRESH CANTALOUPE, 1SL	<u>JANUARY 31</u> PTO SUPPLIES LUNCH TODAY!!!	

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

