

ST. THOMAS AQUINAS		JANUARY 2016			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				JANUARY 1	** HAPPY NEW YEAR**
JANUARY 4 WG BREADED POLLOCK FISH SANDWICH , 1EA WHEAT HAMBURGER ROLL, 1EA NO HFC KETCHUP SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	JANUARY 5 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C FRESH FRUIT SALAD, 3/8C	JANUARY 6 ALL NEW SLOPPY JOES , 1/2 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C LAY'S POTATO CHIPS, 1EA CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	JANUARY 7 WG BREADED CHICKEN BITES , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	JANUARY 8 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
JANUARY 11 MINI WG CHEESE RAVIOLI , 3/4C MOZZARELLA CHEESE, 1OZ WARM GARLIC BREAD, 1SL STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH ORANGES, 2 EA	JANUARY 12 CHICKEN BREAST TENDERS, GLUTEN FREE , 3EA KETCHUP/HONEY MUSTARD FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	JANUARY 13 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	JANUARY 14 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1SL, 1 EA SWEET YELLOW CORN, 1/2C, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH FRUIT SALAD, 3/8C	JANUARY 15 PROFESSIONAL DAY	
JANUARY 18 MARTIN LUTHER KING HOLIDAY	JANUARY 19 CREAMY MACARONI & CHEESE , 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 PEARS IN JUICE, 3/8 C	JANUARY 20 ITALIAN BEEF MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS GREEN BEANS, 1/2 C DICED PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	JANUARY 21 MEXICAN NACHO FIESTA , 1/2 C (BEEF CRUMBLES) SHREDDED CHEDDAR, 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C DICED MELONS, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	JANUARY 22 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED OATMEAL RAISIN COOKIE, 2 EA	
JANUARY 25 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	JANUARY 26 LEAN BEEF CHEESEBURGER , 1 EA WHEAT HAMBURGER ROLL, 1EA PICKLE COINS, 2EA NO HFC KETCHUP SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8 C	JANUARY 27 CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR, 1 OZ WARM SOFT TORTILLAS, 2 EA SOUR CREAM/SALSA STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, DICED MELONS, 3/8 C	JANUARY 28 TURKEY CORN DOG NUGGETS , 6 EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED PEARS IN JUICE, 3/8C	JANUARY 29 NOON DISMISSAL	

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