

ST. THOMAS AQUINAS

JANUARY 2017

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2 HAPPY NEW YEAR!!!	JANUARY 3 BEEF MEATBALLS & GRAVY, 5EA BUTTERED PASTA, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	JANUARY 4 WG BREADED CHICKEN NUGGETS , 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 5 BEEF SLIDERS ON ROLLS, 2EA SLIDER ROLL, 2EA SLICE CHEESE, 1EA KETCHUP (NO HFC) SWEET YELLOW CORN, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	JANUARY 6 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA
JANUARY 9 MINI WG CHEESE RAVIOLI , 3/4C SHREDDED MOZZARELLA, 1OZ WARM GARLIC BREAD, 1EA GREEN BEANS, 12/C DICED PEARS IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2C FRESH ORANGE WEDGES, 3EA	JANUARY 10 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	JANUARY 11 COUNTRY STYLE SALISBURY STEAK W/ 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 CANTALOUPE, 1SL	JANUARY 12 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ WARM GARLIC BREAD, 1SL, SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	JANUARY 13 PIZZA DAY TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA
JANUARY 16 MARTIN LUTHER KING HOLIDAY	JANUARY 17 TEACHER WORK DAY	JANUARY 18 MEXICAN BEEF NACHO FIESTA, 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	JANUARY 19 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	JANUARY 20 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED OATMEAL COOKIE, 2 EA
JANUARY 23 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD CHILLED DICED PEACHES IN JUICE, 3/8 C	JANUARY 24 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	JANUARY 25 BEEF CORN DOG ON A STICK, 2EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	JANUARY 26 CHICKEN FAJITAS, 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	JANUARY 27 PIZZA DAY TOSSED SALAD FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA
JANUARY 30 BEEF MEATBALLS & GRAVY, 5EA BUTTERED PASTA, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	JANUARY 31 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA			

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