

ST. THOMAS AQUINAS		JANUARY 2020			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>JANUARY 1</u> HAPPY NEW YEAR!!	<u>JANUARY 2</u> WINTER BREAK!!	<u>JANUARY 3</u> WINTER BREAK!!	
<u>JANUARY 6</u> CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 4EA	<u>JANUARY 7</u> CHICKEN TENDERS, GLUTEN FREE , 4EA NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 1/2C	<u>JANUARY 8</u> SALISBURY STEAK W/ GRAVY ,1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	<u>JANUARY 9</u> WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<u>JANUARY 10</u> NOON DISMISSAL	
<u>JANUARY 13</u> OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 4EA	<u>JANUARY 14</u> MACARONI & CHEESE, 1/2C BONELESS NAE CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 1/2C	<u>JANUARY 15</u> MEXICAN NACHO FIESTA, 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA SWEET YELLOW CORN, 1/2C TOSSED SALAD, 1/2 C PEARS IN JUICE, 1/2C	<u>JANUARY 16</u> ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 1/2C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	<u>JANUARY 17</u> PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>JANUARY 20</u> MARTIN LUTHER KING HOLIDAY	<u>JANUARY 21</u> LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 1/2C	<u>JANUARY 22</u> TURKEY CORN DOG NUGGETS, 6EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES IN JUICE, 1/2C	<u>JANUARY 23</u> CHICKEN FAJITAS NAE, 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, 1/2C	<u>JANUARY 24</u> PIZZA DAY TOSSED SALAD FRESH BAKED DOUBLE CHOCOLATE COOKIE, 2 EA	
<u>JANUARY 27</u> BEEF SLIDERS ON BUNS, 2EA NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 1/2C TOSSED SALAD, 1/2 C PEARS IN JUICE, 1/2C	<u>JANUARY 28</u> ALL BEEF HOT DOG ON ROLL ,2 EA CHILI, NACHO CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 1/2C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	<u>JANUARY 29</u> NAE WG BREADED CHICKEN NUGGETS , 6EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C MANDARIN ORANGES, 1/2C TOSSED SALAD FRESH ORANGE WEDGES, 4EA	<u>JANUARY 30</u> CHEESEBURGER MEATLOAF, 1EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<u>JANUARY 31</u> PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA	

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