

ST. THOMAS AQUINAS

JULY 2013

BK PORTIONS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| JULY 1 SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 1/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR, 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA | JULY 2 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 FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C | JULY 3 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 CHILLED DICED PEARS, 3/8 C | JULY 4 HAPPY 4TH OF JULY!!!! | JULY 5 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA |
| JULY 8 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA | JULY 9 STOUFFERS 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 MIXED FRUIT, 3/8 C | JULY 10 ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C | JULY 11 NACHO MEAT, 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR, 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C | JULY 12 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA |
| JULY 15 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 CHILLED DICED PEACHES, 3/8 C | JULY 16 LEAN BEEF CHEESEBURGER, 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA | JULY 17 CHICKEN FAJITAS, 1/2 C LO-FAT SHREDDED CHEDDAR, 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C | JULY 18 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA | JULY 19 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA |
| JULY 22 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8 C | JULY 23 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP BAKED HARVEST SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH CANTALOUPE, 1 SL TOSSED SALAD W/ RANCH, 1/2 C FRESH ORANGE WEDGES, 2 PCS | JULY 24 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 | JULY 25 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA | JULY 26 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA |
| JULY 29 SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 1/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR, 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA | JULY 30 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 FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C | JULY 31 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 CHILLED DICED PEARS, 3/8 C | | |

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