

ST. THOMAS AQUINAS

JULY 2015

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center">JULY 1</p> <p>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 CHILLED DICED PEARS IN JUICE, 3/8 C</p>	<p align="center">JULY 2</p> <p>WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 5 EA 100% WHOLE GRAIN BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C</p>	<p align="center">JULY 3</p> <p align="center">HAPPY 4TH OF JULY HOLIDAY BE SAFE!!!!</p>
<p align="center">JULY 6</p> <p>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</p>	<p align="center">JULY 7</p> <p>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 MIXED FRUIT IN JUICE, 3/8 C</p>	<p align="center">JULY 8</p> <p>ITALIAN BEEF 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</p>	<p align="center">JULY 9</p> <p>MEXICAN NACHO FIESTA, 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 IN JUICE, 3/8 C</p>	<p align="center">JULY 10</p> <p>PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p align="center">JULY 13</p> <p>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 CHILLED DICED PEACHES IN JUICE, 3/8 C</p>	<p align="center">JULY 14</p> <p>LEAN BEEF CHEESEBURGER , 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS IN JUICE, 3/8 C PICKLE COINS, 2 EA</p>	<p align="center">JULY 15</p> <p>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 IN JUICE, 3/8 C</p>	<p align="center">JULY 16</p> <p>TURKEY CORN DOG NUGGETS, 6 EA W/ NO HFC KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA</p>	<p align="center">JULY 17</p> <p>PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>
<p align="center">JULY 20</p> <p>CREAMY MACARONI & CHEESE , 3/4 C WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS IN JUICE, 3/8 C</p>	<p align="center">JULY 21</p> <p>**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</p>	<p align="center">JULY 22</p> <p>ALL NEW SLOPPY JOES, 1/2 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p align="center">JULY 23</p> <p>WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE 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 IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA</p>	<p align="center">JULY 24</p> <p>PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p align="center">JULY 27</p> <p>SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 11/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR , 1 OZ CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p align="center">JULY 28</p> <p>WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE 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</p>	<p align="center">JULY 29</p> <p>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 CHILLED DICED PEARS IN JUICE, 3/8 C</p>	<p align="center">JULY 30</p> <p>WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 5 EA 100% WHOLE GRAIN BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C</p>	<p align="center">JULY 31</p> <p>PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>

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