

| ST. THOMAS AQUINAS   |  | JULY 2016  |   |   | BK PORTIONS |
|--|--|--|---|---|-------------|
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |             |
|  |  |  |   | <b>JULY 1</b><br>PIZZA DAY<br>TOSSED SALAD<br>HOME BAKED SUGAR COOKIE, 2 EA                     |             |
| <b>JULY 4</b><br><b>HAPPY 4TH OF JULY!!!</b>   | <b>JULY 5</b><br>CREAMY MACARONI & CHEESE ,<br>3/4 C<br>WHEAT DINNER ROLL, 1 EA<br>MIXED VEGETABLE TRIO W/CREAMY<br>RANCH DIP, 1/2 C<br>FRESH BANANA, 1 EA<br>TOSSED SALAD, 1/2 C<br>CHILLED MIXED FRUIT IN JUICE, 3/8 C   | <b>JULY 6</b><br>ITALIAN BEEF MEATBALL SUB, 5 EA<br>SUB ROLL, 1 EA<br>SHREDDED MOZZARELLA CHEESE,<br>1 OZ<br>GREEN BEANS, 1/2 C<br>FRESH APPLE, 1 EA<br>TOSSED SALAD, 1/2 EA<br>CHILLED APPLESAUCE, 1/4 C  | <b>JULY 7</b><br>MEXICAN NACHO FIESTA, 1/2 C<br>( BEEF CRUMBLES)<br>LO-FAT SHREDDED CHEDDAR , 1 OZ<br>CORN TORTILLA CHIPS, 1/2 C<br>BABY CARROTS W/DIP, 1/2 C<br>FRESH APPLE, 1 EA<br>TOSSED SALAD, 1/2 C<br>CHILLED DICED PEARS IN JUICE,<br>3/8 C                                 | <b>JULY 8</b><br>PIZZA DAY<br>TOSSED SALAD, 1/2 C<br>HOME BAKED CHOCOLATE CHIP<br>COOKIE, 2 EA  |             |
| <b>JULY 11</b><br>ROASTED TERIYAKI CHICKEN<br>STRIPS, 5 EA<br>BRN WHL GRAIN RICE, 1/2 C<br>BABY CARROTS W/DIP, 1/2 C<br>CHILLED DICED PEARS IN JUICE,<br>3/8 C<br>TOSSED SALAD<br>CHILLED DICED PEACHES IN JUICE,<br>3/8 C                               | <b>JULY 12</b><br>LEAN BEEF CHEESEBURGER , 1 EA<br>W/ NO HFC KETCHUP<br>SWEET YELLOW CORN, 1/2 C<br>FRESH ORANGE WEDGES, 2 PCS<br>TOSSED SALAD<br>PINEAPPLE TIDBITS IN JUICE, 3/8 C<br>PICKLE COINS, 2 EA  | <b>JULY 13</b><br>CHICKEN FAJITAS , 1/2 C<br>LO-FAT SHREDDED CHEDDAR , 1 OZ<br>WARM SOFT TORTILLAS, 2 EA<br>SALSA & SOUR CREAM, 1/2 OZ<br>FRESH SAUTEED GREEN BEANS,<br>1/2 C<br>FRESH ORANGE WEDGES, 2 EA<br>TOSSED SALAD, 1/2 C<br>CHILLED MIXED FRUIT IN JUICE, 3/8 C | <b>JULY 14</b><br>TURKEY CORN DOG NUGGETS, 6 EA<br>W/ NO HFC KETCHUP<br>SWEET TENDER PEAS, 1/2 C<br>FRESH ORANGE WEDGES, 2 PCS<br>TOSSED SALAD, 1/2 C<br>FRESH BANANA, 1 EA   | <b>JULY 15</b><br>PIZZA DAY<br>TOSSED SALAD<br>HOME BAKED SUGAR COOKIE, 2 EA                    |             |
| <b>JULY 18</b><br>CREAMY MACARONI & CHEESE , 3/4 C<br>WHEAT DINNER ROLL, 1 EA<br>5-WAY HOT MIXED VEGETABLE, 1/2 C<br>CHILLED DICED PEARS IN JUICE,<br>3/8 C<br>TOSSED SALAD, 1/2 C<br>PINEAPPLE TIDBITS IN JUICE, 3/8 C                                  | <b>JULY 19</b><br>**NITRITE FREE** ALL BEEF HOT DOG<br>ON ROLL, 2 EA<br>CHILI, SHRED CHEDDAR CHEESE,<br>KETCHUP<br>BAKED HARVEST SUN CHIPS, 1 EA<br>SWEET YELLOW CORN, 1/2 C<br>FRESH CANTALOUPE, 1 SL<br>TOSSED SALAD W/ RANCH, 1/2 C<br>FRESH ORANGE WEDGES, 2 PCS | <b>JULY 20</b><br>ALL NEW BEEF & TURKEY SLOPPY<br>JOES, 1/2 C<br>WHEAT HAMBURGER ROLL, 1 EA<br>SWEET YELLOW CORN, 1/2 C<br>CHILLED APPLESAUCE, 3/8 C<br>TOSSED SALAD, 1/2 C<br>FRESH APPLE, 1 EA   | <b>JULY 21</b><br>WHL GRAIN SPAGHETTI PASTA<br>W/BEEF & TURKEY CRUMBLE MEAT<br>MARINARA, 3/4 C<br>W/ PARM CHEESE, 1 OZ<br>WHEAT DINNER ROLL, 1 EA<br>5-WAY HOT MIXED VEGETABLE, 1/2 C<br>CHILLED DICED PEARS IN JUICE,<br>3/8 C<br>TOSSED SALAD, 1/2 C<br>FRESH ORANGE WEDGES, 2 EA | <b>JULY 22</b><br>PIZZA DAY<br>TOSSED SALAD, 1/2 C<br>HOME BAKED CHOCOLATE CHIP<br>COOKIE, 2 EA |             |
| <b>JULY 25</b><br>SOFT CHICKEN TACO, 1/3 C<br>DICED CHIC BREAST IN LIGHT TACO<br>SEASONING, 1 1/2 OZ<br>WARM SOFT TORTILLA, 2 EA<br>LO-FAT SHREDDED CHEDDAR , 1 OZ<br>CHILLED DICED PEARS IN JUICE,<br>1/2 C<br>TOSSED SALAD, 1/2 C<br>FRESH APPLE, 1 EA | <b>JULY 26</b><br>WHL GRAIN SPAGHETTI PASTA<br>W/BEEF & TURKEY CRUMBLE MEAT<br>MARINARA<br>W/ MARINARA MEAT SAUCE, 3/4 C<br>TOSSED SALAD W/ RANCH, 1/2 C<br>FRESH BANANA, 1 EA<br>FRESH ORANGE WEDGES, 2 PCS<br>SWEET TENDER PEAS, 1/2 C                             | <b>JULY 27</b><br>COUNTRY STYLE SALISBURY STEAK<br>W/ LOW SODIUM GRAVY, 1 EA<br>SAVORY MASHED POTATOES, 1/2 C<br>WHEAT DINNER ROLL, 1 EA<br>PINEAPPLE TIDBITS IN JUICE, 3/8 C<br>TOSSED SALAD, 1/2 C<br>CHILLED DICED PEARS IN JUICE,<br>3/8 C                           | <b>JULY 28</b><br>WHOLE GRAIN CHICKEN BITES W/<br>NO HFC KETCHUP, 5 EA<br>100% WHOLE GRAIN BREAD, 1 SL<br>SWEET YELLOW CORN, 1/2 C<br>FRESH APPLE, 1 EA<br>TOSSED SALAD, 1/2 C<br>CHILLED APPLESAUCE, 3/8 C   | <b>JULY 29</b><br>PIZZA DAY<br>TOSSED SALAD<br>HOME BAKED SUGAR COOKIE, 2 EA                    |             |
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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