

ST. THOMAS AQUINAS

JULY 2017

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 3 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, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	JULY 4 HAPPY 4TH JULY!!!!	JULY 5 MEXICAN BEEF NACHO FIESTA, 1/2 C 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 DICED PEARS IN JUICE, 3/8 C	JULY 6 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 ALL NATURAL APPLESAUCE, 1/4 C	JULY 7 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
JULY 10 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD DICED PEACHES IN JUICE, 3/8 C	JULY 11 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	JULY 12 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	JULY 13 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 MIXED FRUIT IN JUICE, 3/8 C	JULY 14 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
JULY 17 CREAMY MACARONI & CHEESE , 3/4 C WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS IN JUICE, 3/8 C	JULY 18 **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 19 WHL GRAIN SPAGHETTI PASTA W/ BEEF MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	JULY 20 BEEF & TURKEY SLOPPY JOES, 1/2 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	JULY 21 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
JULY 24 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 DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	JULY 25 WHL GRAIN SPAGHETTI PASTA W/ BEEF 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 26 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 DICED PEARS IN JUICE, 3/8 C	JULY 27 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 ALL NATURAL APPLESAUCE, 3/8 C	JULY 28 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
JULY 31 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, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 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