

ST. THOMAS AQUINAS

JULY 2019

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY 1 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</p>	<p>JULY 2 CREAMY MACARONI & CHEESE, 3/4 C WHEAT DINNER ROLL, 1 EA MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8 C</p>	<p>JULY 3 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</p>	<p>JULY 4 **HAPPY 4TH OF JULY**</p>	<p>JULY 5 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>JULY 8 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TOSSED SALAD DICED PEACHES IN JUICE, 3/8 C</p>	<p>JULY 9 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>JULY 10 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>JULY 11 CHICKEN FAJITAS, NAE, 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</p>	<p>JULY 12 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>
<p>JULY 15 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</p>	<p>JULY 16 **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>JULY 17 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 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</p>	<p>JULY 18 CHEESEBURGER MEATLOAF, 1/2 C 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</p>	<p>JULY 19 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>JULY 22 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</p>	<p>JULY 23 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT MARINARA, 3/4 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C</p>	<p>JULY 24 SALISBURY STEAK W/ 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</p>	<p>JULY 25 NAE WHOLE GRAIN CHICKEN NUGGETS 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</p>	<p>JULY 26 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA</p>
<p>JULY 29 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</p>	<p>JULY 30 CREAMY MACARONI & CHEESE, 3/4 C WHEAT DINNER ROLL, 1 EA MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8 C</p>	<p>JULY 31 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</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