

ST. THOMAS AQUINAS

MARCH 2009

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2 TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEACHES, 3/8 C	MARCH 3 ITALIAN 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	MARCH 4 4" HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON THE SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	MARCH 5 TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	MARCH 6 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
MARCH 9 CHILI NO BEANS, 1/2C LOW-FAT SHRED CHEDDAR, 1OZ SALTINE CRACKERS, 6EA GREEN BEANS, 1/2C CHILLED DICED PEACHES, 3/8C TOSSED SALAD/ W/DRESSING, 1/2C MIXED FRUIT, 1/2C	MARCH 10 HAWAIIAN TURKEY MEATBALLS, 5 EA BRN WHL GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C 4A/B FIELD TRIP	MARCH 11 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C TOSSED SALAD, 1/2 C W/ RANCH WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C APPLE, 1 EA	MARCH 12 HONEY BBQ WINGS, 4 EA DINNER ROLL, 1 EA HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	MARCH 13 IN SERVICE DAY NO SCHOOL
MARCH 16 IN SERVICE DAY NO SCHOOL	MARCH 17 ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C SWEET TENDER PEAS, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS	MARCH 18 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	MARCH 19 OVEN FRIED DRUMSTICKS BONE IN, 2 EA WHOLE WHEAT BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	MARCH 20 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA MIDDLE SCHOOL RETREAT NO LUNCH 6,7,8TH
MARCH 23 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 24 MACARONI & CHEESE, 3/4 C 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 MIDDLE SCHOOL FIELD TRIP	MARCH 25 BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	MARCH 26 NACHO MEAT, 2 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ 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	MARCH 27 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
MARCH 30 TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEACHES, 3/8 C	MARCH 31 HOT DOG ON A BUN, 2 EA CATSUP, CHILI & CHEESE CHIPS, 1/2 C GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/2 C			

Portions meet CACFP requirements for 6 to 12 year olds. 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