

ST. THOMAS AQUINAS		MARCH 2010			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MARCH 1 TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD CHILLED DICED PEACHES, 3/8 C	MARCH 2 LEAN BEEF CHEESEBURGER, 1EA ON A ROLL W/ PICKLE COINS SLICE CHEESE & CATSUP SWEET YELLOW CORN, 1/2C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C	MARCH 3 4" HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	MARCH 4 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 5 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
MARCH 8 CHILI MAC, 3/4 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE SALTINE CRACKERS, 6 EA GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA	MARCH 9 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 8TH GRADE FIELD TRIP	MARCH 10 PHILLY CHEESE STEAK, 3OZ SUB ROLL, 1EA SHRED LETTUCE PEPPERS & ONIONS YELLOWCORN, 1/2C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD, 1/2 C FRESH APPLE, 1EA 6TH, 7TH, 8TH GRADE FIELD TRIP	MARCH 11 CN-WHOLE GRAIN BREADED CHICKEN NUGGETS W/ CATSUP, 5EA DINNER ROLL, 1EA SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	MARCH 12 SCHOOL CLOSED	
MARCH 15 SCHOOL CLOSED	MARCH 16 OVEN FRIED DRUMSTICK, 2EA WHOLE WHET BREAD, 1SL SWEET YELLOW CORN, 1/2C FRESH APPLE, 1EA TOSSED SALAD W/ RANCH, 1/2 C CHILLED APPLESAUCE, 3/8C	MARCH 17 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 18 SHORTSPAGHETTI PASTA W/ MEAT MARINARA, 3/4C PARM CHEESE, 1/2OZ DINNER ROLL, 1EA TOSSED SALAD W/ RANCH, 1/2C FRESH BANANA, 1EA HOT MIXED VEGETABLES, 1/2C FRESH ORANGE WEDGES, 2EA	MARCH 19 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
MARCH 22 CHICKEN ALFREDO, 3/4C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 23 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	MARCH 24 ITALIAN TURKEY MEATBALL SUB, 5EA SUB ROLL, 1EA SHRED MOZZARELLA CHEESE, 1OZ GREEN BEANS, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C	MARCH 25 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 26 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 29 TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD CHILLED DICED PEACHES, 3/8 C	MARCH 30 BEEF HOT DOG ON BUN, 2EA CHILI, CHEESE, CATSUP POTATO CHIPS, 1/2C SWEET YELLOW CORN, 1/2C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C	MARCH 31 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS			

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