

ST. THOMAS AQUINAS		MARCH 2011			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	MARCH 1 NO HOT LUNCH TODAY	MARCH 2 **CHICKEN FAJITAS** , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD CHILLED DICED PEARS, 3/8C	MARCH 3 TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	MARCH 4 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA K1/2 NO LUNCH	
MARCH 7 CHILI MAC, 3/4 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE SALTINE CRACKERS, 6 EA SWEET YELLOW CORN, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	MARCH 8 MACARONI & CHEESE, 3/4 C DINNER ROLL, 1 EA 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	MARCH 9 FISH & BATTER, 2EA W/ CATSUP SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	MARCH 10 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	MARCH 11 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 14 SOFT CHICKEN TACO, 1/3 C DICED CHIC BREST IN LIGHT TACO SEASONING, 1 1/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR, 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 15 WHL GRAIN SPAGHETTI PASTA W/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	MARCH 16 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 17 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 18 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 21 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 22 **NITRITE FREE** BEEF HOT DOG ON ROLL, 1 1/2 EA CHILI & CHEESE & CATSUP CHIPS, 1/2 C GREEN BEANS, 1/2C CANTALOUPE, 1 SL TOSSED SALAD MIXED FRUIT, 1/2C	MARCH 23 ITALIAN TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C ORANGE WEDGES, 2EA TOSSED SALAD, 1/2 EA PINEAPPLE TIDBITS, 3/8C	MARCH 24 NACHO MEAT, 2 OZ (BEEF CRUMBLES) 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 CHILLED DICED PEARS, 3/8 C	MARCH 25 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 28 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 FRESH ORANGE WEDGES, 2EA	MARCH 29 4" HORMEL HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	MARCH 30 HONEY BBQ CHICKEN LEGS, 2EA ROASTED POTATOES, 1/2C BAKED BEANS, 1/4C WHEAT DINNER ROLL, 1EA TOSSED SALAD W/ RANCH, 1/2 C FRESH CANTALOUPE, 1EA CHILLED DICED PEACHES, 3/8C	MARCH 31 BRKF FOR LUNCH!! TURKEY SAUSAGE LINKS, 2EA HASH BRN POTATOES, 1/2C SCRAMBLED EGGS, 1/2C FR0 TOAST STICKS, 3EA MIXED FRUIT, 3/8C TOSSED SALAD FRESH BANANA, 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