

ST. THOMAS AQUINAS		MARCH 2012			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<b>MARCH 1</b> TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA <u>5 A/B FIELD TRIP</u>	<b>MARCH 2</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 5</b> CREAMY MACARONI & CHEESE, 3/4C WHEAT DINNER ROLL, 1EA SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<b>MARCH 6</b> <b>**NITRITE FREE**</b> ALL BEEF HOT DOG ON ROLL, 1 1/2 EA CHILI & CHEESE & KETCHUP CHIPS, 1/2 C SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C <u>4A/B &amp; 8A/B FIELD TRIP</u>	<b>MARCH 7</b> GENERAL TSO CHICKEN, 4EA JASMINE RICE, 1/2C STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>MARCH 8</b>  <b>TEACHER</b>  <b>PROFESSIONAL DAY</b>	<b>MARCH 9</b>  <b>TEACHER</b>  <b>PROFESSIONAL DAY</b>	
<b>MARCH 12</b> CHICKEN ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GARLIC BREAD, 1EA CARROT COINS, 1/2C CHILLED DICE PEARS, 3/8C TOSSED SALAD, 1/2C DICED PEACHES, 3/8C	<b>MARCH 13</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 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	<b>MARCH 14</b> 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	<b>MARCH 15</b> GRILLED TURKEY SLIDERS ON WHOLE WHEAT ROLL, 2 EA SLICE CHEESE & CATSUP, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 PCS PICKLE COINS, 2 PCS	<b>MARCH 16</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 19</b> 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	<b>MARCH 20</b> <b>BRKF FOR LUNCH!!</b> TURKEY SAUSAGE LINKS, 2EA SOUTHERN FRIED POTATOES, 1/2C SCRAMBLED EGGS, 1/2C FR TOAST STICKS, 3EA FRESH BANANA, 1 EA	<b>MARCH 21</b> ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA CHILLED DICED PEACHES, 3/8C <u>MIDDLE SCHOOL FIELD TRIP</u>	<b>MARCH 22</b> 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	<b>MARCH 23</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 26</b> 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	<b>MARCH 27</b> LEAN BEEF CHEESEBURGER , 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	<b>MARCH 28</b> <b>**CHICKEN FAJITAS**</b> , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA, SHRED LETTUCE GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	<b>MARCH 29</b> 4" HORMEL HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2 C 5-WAY MIX VEGGIE, 1/2C FRESH BANANA, 1EA TOSSED SALAD CHILLED DICED PEARS, 3/8C	<b>MARCH 30</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 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