

ST. THOMAS AQUINAS		MARCH 2013			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>MARCH 1</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 4</b> MACARONI & CHEESE W/ WHOLE GRAINS , 3/4 C WHEAT DINNER ROLL, 1 EA FRESH SAUTEED GREEN BEANS, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	<b>MARCH 5</b> ALL NATURAL ORANGE CHICKEN W/ SUGAR SNAP PEAS, 3/4C WHOLE GRAIN BROWN RICE, 1/2C SWEET YELLOW CORN, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE), 3/8C TOSSED SALAD , 1/2 C CHILLED DICED PEACHES, 3/8C	<b>MARCH 6</b> WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4 C W/ BEEF CRUMBLES, STEWED TOMATOES PARMESAN CHEESE, 1/2 OZ WM GARLIC BREAD, 1 EA STEAMED BROCCOLI, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>MARCH 7</b>  NO SCHOOL  FACULTY RETREAT DAY	<b>MARCH 8</b>  NO SCHOOL  PROFESSIONAL DEVELOPEMENT DAY	
<b>MARCH 11</b> FRESH CHICKEN ALFREDO, 3/4C WARM GARLIC BREAD, 1SL CARROT COINS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<b>MARCH 12</b> SOUTH OF THE BORDER TACO'S TACO MEAT, 1/2C CRISPY TACO SHELLS, 2EA SHRED CHEDDAR, 1OZ SALSA, SOUR CREAM SHRED LETTUCE, 1/2C STEAMED GREEN BEANS, 1/2C SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	<b>MARCH 13</b> SALISBURY STEAK W/ LOW SODIUM GRAVY , 1 EA RED SKIN MASHED POTATOES, 12 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<b>MARCH 14</b> *CHIPOTLE* STYLE CHICKEN , 1/2C WARM SOFT TORTILLA, 2 EA LO-FAT SHRED CHEDDAR , 1 OZ WHITE LIME RICE, 1/2C BLACK BEANS, PEPPERS & ONIONS SOUR CRM, SALSA FRESH FRUIT SALAD (MELONS & PINEAPPLE), 1/2 C TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8C	<b>MARCH 15</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 18</b> OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>MARCH 19</b> MACARONI & CHEESE W/ WHOLE GRAINS , 3/4 C WHEAT DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8 C	<b>MARCH 20</b> ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2C CHILLED DICED PEACHES, 3/8C	<b>MARCH 21</b> NACHO MEAT, 1/2 C ( BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	<b>MARCH 22</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<b>MARCH 25</b> GENERAL TSO CHICKEN , 4EA JASMINE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<b>MARCH 26</b> LEAN BEEF CHEESEBURGER ,1 EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C SEEDLESS GRAPES, 3/8C <b>3 A/B NO SCHOOL LUNCH TODAY</b>	<b>MARCH 27</b> CHICKEN FAJITAS ,1/2 C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE) TOSSED SALAD,1/2C CHILLED APPLESAUCE, 3/8C	<b>MARCH 28</b>  NOON  DISMISSAL	<b>MARCH 29</b>  EASTER  BREAK !!!	

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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