

ST. THOMAS AQUINAS		MARCH 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MARCH 3 STOUFFERS 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 APPLE, 1 EA	MARCH 4 ASIAN SWEET & SOUR CHICKEN, 1/2C WHOLE GRAIN RICE, 1/2C SWEET YELLOW CORN, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA <u>FIELD TRIP - 4TH 8A/B</u>	MARCH 5 WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4 C STEWED TOMATOES PARMESAN CHEESE, 2 OZ WARM GARLIC BREAD, 1 EA STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 6 JENNIO TURKEY BURGER ON WHEAT HAMBURGER ROLL, 1EA W/ KETCHUP VEGETARIAN BAKED BEANS, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED MIXED FRUIT, 3/8C	MARCH 7 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 10 BBQ BEEF ON WHEAT HAMBURGER ROLL, 1/2 - 1 EA STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 11 NEW ORLEANS STYLE CAJUN CHICKEN, 1/2C IN LIGHT CAJUN SAUCE WHOLE GRAIN BROWN RICE, 1/2C BABY CARROTS W/ DIP, 1/2C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2C SEEDLESS GRAPES, 3/8C	MARCH 12 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1EA SAVORY MASHED POTATOES, 1/2C WHEAT DINNER ROLL, 1EA PINEAPPLE TIDBITS, 3/8C TOSSED SALAD, 1/2C CANTALOUPE, 1SL	MARCH 13 NOON DISMISSAL!!!	MARCH 14 PROFESSIONAL DAY NO SCHOOL	
MARCH 17 PROFESSIONAL DAY NO SCHOOL	MARCH 18 BONELESS CHICKEN BREAST CHUNKS, 4EA KETCHUP 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 MIXED EMLONS, 3/8C	MARCH 19 ITALIAN ALL BEEF MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED ONIONS & PEPPERS FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA DICED PEACHES IN JUICE, 3/8C	MARCH 20 MEXICAN NACHO FIESTA , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	MARCH 21 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
MARCH 24 ROASTED 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 ORANGE WEDGES, 2EA	MARCH 25 LEAN BEEF CHEESEBURGER , 1 EA (3OZ) W/ KETCHUP & PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED MIXED FRUIT, 3/8 C	MARCH 26 CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR , 1OZ WM SOFT TORTILLAS, 2 EA SALSA/ SOUR CREAM, 1/2 OZ GRILLED ONIONS & PEPPERS STEAMED GREEN BEANS, 1/2 C DICED MELONS, 3/8C TOSSED SALAD, 1/2 C APPLESAUCE, 3/8 C	MARCH 27 TURKEY CORN DOG NUGGETS , 6 EA W/ KETCHUP (100%)OVEN ROASTED POTATOES, 1/2C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	MARCH 28 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
MARCH 31 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					

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

