

ST. THOMAS AQUINAS

MARCH 2017

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MARCH 1 CREAMY MACAROIN & CHEESE , 3/4C WHEAT DINNER ROLL, 1EA CAESAR SALAD W/ OPARMESAN & DRESSING, 1/2C FRESH ORANGE WEDGES, 3EA TOSSED SALAD, 1/2C MIXED FRUIT IN JUICE, 3/8C	MARCH 2 BREAKFAST FOR LUNCH!! WG BUTTERMILK PANCAKE W/ SYRUP, 2EA VANILLA YOGURT, 1/2C TURKEY SAUSAGE PATTY, 2EA CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C FRESH APPLE, 1 EA	MARCH 3 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
MARCH 6 OVEN FRIED DRUMSTICK, 1EA STEAMED GREEN BEANS, 1/2C ORANGE WEDGES, 2EA TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C	MARCH 7 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	MARCH 8 CHICKEN (4OZ) & CHEESE SUB , 1EA SUB ROLL, 1EA GRILLED PEPPERS & ONIONS, KETCHUP NACHO DORITOS, 1EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, RANCH, 1/2C FRESH CANTALOUPE, 1SL	MARCH 9 WHL GRAIN SPAGHETTI PASTA W/BEEF MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ WARM GARLIC BREAD, 1SL, SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	MARCH 10 PIZZA DAY TOSSED SALAD HOME BAKED OATMEAL RAISIN COOKIE, 2 EA
MARCH 13 PROFESSIONAL DAY NO SCHOOL	MARCH 14 MACARONI & CHEESE, 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	MARCH 15 MEXICAN BEEF NACHO FIESTA, 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	MARCH 16 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	MARCH 17 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA
MARCH 20 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	MARCH 21 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	MARCH 22 TURKEY CORN DOG NUGGETS, 6EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	MARCH 23 CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	MARCH 24 PIZZA DAY TOSSED SALAD HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
MARCH 27 BEEF MEATBALLS & GRAVY, 5EA BUTTERED PASTA, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	MARCH 28 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	MARCH 29 WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	MARCH 30 CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA SLICE CHEESE, 1EA KETCHUP (NO HFC) SWEET YELLOW CORN, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MARCH 31 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED OATMEAL RAISIN 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