

ST. THOMAS AQUINAS		MARCH 2019			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					<b>MARCH 1</b> <b>PIZZA DAY</b> TOSSED SALAD, 1/2C FRESH BAKED RAINBOW COOKIE COOKIE, 2 EA
<b>MARCH 4</b> <b>CHICKEN SLIDERS ON ROLLS</b> , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	<b>MARCH 5</b> <b>CHICKEN TENDERS, GLUTEN FREE</b> , 4EA NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	<b>MARCH 6</b> <b>MINI CHEESE RAVIOLI W/ MARINARA</b> , 3/4C ITALIAN BREAD, 1SL SCANDANAVIAN BLEND VEGETABLES, 1/2C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ GREENS, RANCH, 1/2C FRESH CANTALOUPE, 1SL	<b>MARCH 7</b> <b>WHL GRAIN SPAGHETTI PASTA</b> <b>W/BEEF &amp; TURKEY CRUMBLE MEAT</b> <b>MARINARA</b> , 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1SL SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<b>MARCH 8</b>  <b>NOON</b>  <b>DISMISSAL</b>	
<b>MARCH 11</b>  <b>TEACHER</b>  <b>WORK DAY</b>	<b>MARCH 12</b> <b>MACARONI &amp; CHEESE</b> , 1/2C <b>BONELESS CHICKEN BREAST</b> <b>CHUNK WING DINGS</b> , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	<b>MARCH 13</b> <b>MEXICAN NACHO FIESTA</b> , 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 PEARS IN JUICE, 3/8 C	<b>MARCH 14</b> <b>ITALIAN BEEF MEATBALL SUB</b> ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	<b>MARCH 15</b> <b>PIZZA DAY</b> TOSSED SALAD, 1/2 C FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>MARCH 18</b> <b>ROASTED TERIYAKI CHICKEN STRIPS</b> , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	<b>MARCH 19</b> <b>LEAN BEEF CHEESEBURGER</b> ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 3/8C	<b>MARCH 20</b> <b>BEEF CORN DOG ON A STICK</b> , 2EA W/ NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES, 3/8C	<b>MARCH 21</b> <b>CHICKEN FAJITAS</b> , 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	<b>MARCH 22</b> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA	
<b>MARCH 25</b> <b>BEEF SLIDERS ON BUNS</b> , 2EA NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	<b>MARCH 26</b> <b>PIZZA PASTA BAKE</b> BEEF CRUMBLES, CHICKEN & BEEF PEPPERONI, TOMATO SAUCE, PASTA, 1/2 C SHREDDED MOZZARELLA CHEESE, 1/2 OZ CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	<b>MARCH 27</b> <b>WHL GRAIN WG BREADED CHICKEN</b> <b>NUGGETS</b> , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	<b>MARCH 28</b> <b>*BREAKFAST FOR LUNCH*</b> WG BUTTERMILK PANCAKES, 2EA SYRUP (NO HFC) VANILLA YOGURT, 1/2C CHICKEN SAUSAGE PATTY, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<b>MARCH 29</b> <b>PIZZA DAY</b> TOSSED SALAD, 1/2 C FRESH BAKED DOUBLE CHOCOLATE COOKIE, 2 EA	

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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