

ST. THOMAS AQUINAS		MAY 2013			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		MAY 1 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 GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	MAY 2 JENNIO TURKEY BURGER ON WHEAT HAMBURGER ROLL , 1EA W/ KETCHUP SOUTHERN FRIED POTATOES W/ ONION, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED PEARS, 1/2C	MAY 3 GRANDPARENTS DAY EARLY DISMISSAL NO LUNCH	
MAY 6 FRESH CHICKEN ALFREDO , 3/4C WARM GARLIC BREAD, 1SL CARROT COINS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH ORANGE WEDGES, 2EA	MAY 7 WHOLE GRAIN BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP OVEN BROWNED POTATOES, 1/2C WHEAT DINNER ROLL, 1EA FRESH APPLE, 1EA TOSS SALAD CHILLED APPLESAUCE, 3/8C	MAY 8 STEAK & CHEESE , 3OZ SUB ROLL, 1EA STEAK & SHRED CHEDDAR CHEESE KETCHUP BAKED LAY'S, 1EA SCANDANAVIAN BLEND HOT VEG, 1/2C PINEAPPLE TIDBITS, 1/2C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA	MAY 9 *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	MAY 10 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
MAY 13 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	MAY 14 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 CHILLED DICED PEARS, 3/8 C	MAY 15 ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHRED MOZZ 1 OZ FRESH SAUTEED GREEN BEANS, 1/2 C CANTALOUPE, 1SL TOSSED SALAD, 1/2C CHILLED DICED PEACHES, 3/8C 2A/B NO LUNCH	MAY 16 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 PINEAPPLE TIDBITS, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	MAY 17 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA 8A/B FIELD TRIP	
MAY 20 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, 1/2C FRESH ORANGE WEDGES, 2EA	MAY 21 LEAN BEEF CHEESEBURGER ,1EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C MIXED FRUIT, 3/8C	MAY 22 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	MAY 23 TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP OVEN ROASTED POTATES, 1/2 C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD W/ RANCH, 1/2 C FRESH CANTALOUPE, 1SL	MAY 24 EARLY DISMISSAL !!!	
MAY 27 MEMORIAL DAY HOLIDAY !!!	MAY 28 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP TOSTITO CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	MAY 29 ALL NAT'L DELI SLICED CHICKEN SANDWICH , 3OZ ON 100% WW BREAD MAYO PKTS LETTUCE & TOMATO GREEN BEANS, 1/2C SUN CHIPS HARVEST CHEDDAR, 1EA APPLESAUCE, 1/2 C SALAD W/ RANCH, 1/2 C FRESH APPLE, 1 EA K1/2 NO LUNCH	MAY 30 **COOK OUT** BBQ CHICKEN LEGS , 2EA OVEN ROASTED POTATOES, 1/2 C VEGGIE BAKED BEANS, 1/4C BABY CARROTS W/ DIP, 1/2C CANTALOUPE, 1SL OTIS SPUNKMEYER OATMEAL RAISIN COOKIE, 1EA	MAY 31 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA 4A/B NO LUNCH	

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