

ST. THOMAS AQUINAS

NOVEMBER 2009

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER 2 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA DINNER ROLL, 1EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p>NOVEMBER 3 MACARONI & CHEESE, 3/4 C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>NOVEMBER 4 LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA</p>	<p>NOVEMBER 5 NACHO MEAT, 2 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C</p>	<p>NOVEMBER 6 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>NOVEMBER 9 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 CHILLED DICED PEACHES, 3/8 C</p>	<p>NOVEMBER 10 ITALIAN TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C</p>	<p>NOVEMBER 11 VETERAN'S DAY HOLIDAY !!</p>	<p>NOVEMBER 12 NOON DISMISSAL</p>	<p>NOVEMBER 13 NOON DISMISSAL</p>
<p>NOVEMBER 16 BEEF HOT DOG ON BUN, 2EA CHILI, CHEESE, CATSUP POTATO CHIPS, 1/2C GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA</p>	<p>NOVEMBER 17 HAWAIIAN TURKEY MEATBALLS, 5 EA BRN WHL GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C</p>	<p>NOVEMBER 18 SLAISBURY STEAK W/ GRAVY, 1EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA</p>	<p>NOVEMBER 19 SLICED TURKEY BREAST W/ GRAVY, 2OZ 1SL MASHED POTATOES, 1/2C DINNER ROLL, 1 EA CRANBERRY SAUCE, 1OZ HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FR: BAKED CHOC CHIP COOKIE, 1EA</p>	<p>NOVEMBER 20 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA</p>
<p>NOVEMBER 23 SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 11/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR , 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>	<p>NOVEMBER 24 *COOK OUT* BBQ CHICKEN LEGS, 2EA BAKED BEANS, 1/2C POTATO SALAD, 1/4C TOSSED SALAD W/ RANCH, 1/2 C WHEAT DINNER ROLL, 1EA FRESH ORANGE WEDGES, 2 PCS</p>	<p>NOVEMBER 25 NOON DISMISSAL</p>	<p>NOVEMBER 26 HAPPY THANKSGIVING!!</p>	<p>NOVEMBER 27 THANKSGIVING BREAK !!</p>
<p>NOVEMBER 30 CHICKEN FAJITAS, 1/3C OVER RICE, 1/2C YELLOW CORN, 1/2C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA</p>				

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